

## Lundi

**9h15** YOGA  
PRENATAL

**9h30** YOGALATES

**10h30** HATHA DOUX

**10h45** YOGA  
POSTNATAL

**10h45** PILATES

**12h15** VINYASA AVANCÉ

**12h30** PILATES

**12H30** MUNZ FLOOR

**14h45** BAIN SONORE

**18h15** VINI-YIN

**18h15** PILATES

**19h30** PILATES

**19h30** RESTORATIVE

**19h45** VINYASA

## Mardi

**7h30** WARRIOR

**9h** YOGA  
THERAPEUTIQUE

**9h15** VINYASA doux

**9h30** PILATES

**10h30** HATHA DOUX

**10h45** YOGA PRENATAL  
*avec Sage- Femme*

**11h** PILATES  
Swiss Ball

**12h15** PILATES

**12h30** WARRIOR

**12h30** YOGA  
& ÉMOTION

**17h30** VINYASA

**18h15** GESTION  
DU STRESS

**18h15** PILATES

**19h** ASHTANGA

**19h30** PILATES  
stretching

**19h45** VINI YIN

## Mercredi

**9h15** MUNZ FLOOR

**9h45** PILATES

**10h45** PILATES  
PRENATAL

**11h** YOGALATES

**12h30** VINYASA  
**12h30** ASHTANGA

**18H** MUNZ FLOOR

**19h** BREATHWORK

**19H30** YIN YOGA

**19h30** VINYASA

## Jeudi

**9h15** YOGA DU DOS

**9h45** MÉDITATION

**10h45** HATHA  
& accessoires

**11h** PILATES

**12h15** HATHA

**12h15** PILATES

**15h** YOGA  
PRÉNATAL

**18h** VINYASA

**18h15** PILATES

**18H15** HATHA

**19H** YOGA DU RIRE \*

**19H15** VINYASA

**19H30** PILATES

*\*ponctuel*

## Vendredi

**7h30** VINYASA

**9h** PILATES

**9h** VINI YIN

**10h15** HATHA DOUX

**11h** PILATES  
STRETCHING

**12h15** PILATES

**12h30** HATHA

**12h30** YOGA  
PRÉNATAL

**14h45** VOYAGE  
SENSORIEL

**16h30** YIN & NIDRA

**18h** PILATES

**18h** VINYASA

**18h15** HATHA &  
PRANAYAMA

## Samedi

**9h15** PILATES

**9h15** HATHA

**9h30** VINYASA

**10h30** PILATES  
Swiss Ball

**10h45** HATHA

**11h** VINYASA

**11h** FAMILY  
5-10ans

**11h45** PILATES  
STRETCHING

## Dimanche

**9h** PILATES  
STRETCHING

**9h15** HATHA

**9h45** VINYASA

**10h15** PILATES

**10h45** HATHA

**11h15** VINYASA

**11h30** PILATES

**18h** SUNDAY  
VINI YIN



doux



modéré



engagé