

## LUNDI

## MARDI

## MERCREDI

## JEUDI

## VENDREDI

## SAMEDI

## DIMANCHE

9h15 YOGA PRENATAL

9h30 PILATES

10h30 HATHA  
DOUX10h45 YOGA  
POSTNATAL

11h PILATES

12h30 PILATES

12h30 MUNZ FLOOR

12h30 VINYASA

7h30 WARRIOR

9h YOGA  
THERAPEUTIQUE

9h30 PILATES

10h45 YOGA PRENATAL  
w/ Sage- Femme11h PILATES  
Swiss Ball

12h15 PILATES

12h30 WARRIOR

12h30 YOGA  
& ÉMOTION

9h15 MUNZ FLOOR

10h30 HATHA DOUX

10h45 PILATES  
PRENATAL

11h PILATES

12h15 PILATES

12h30 VINYASA

9h15 YOGA DU DOS

10h45 MÉDITATION

11h PILATES

12h15 HATHA

12h15 VINYASA  
AVANCÉ

12h30 PILATES

7h30 VINYASA

9h PILATES

10h HATHA YOGA  
DOUX

10h45 HATHA

11h PILATES  
STRETCHING

12h15 PILATES

12h30 HATHA

12h30 PRÉNATAL

9h15 PILATES

9h15 HATHA

9h30 VINYASA

10h30 PILATES  
Swiss Ball

10h45 HATHA

11h VINYASA

11h FAMILY  
5-10ans11h45 PILATES  
STRETCHING9h PILATES  
STRETCHING

9h15 HATHA

9h45 VINYASA

10h15 PILATES

10h45 HATHA

11h15 VINYASA

11h30 PILATES

14h45 BAIN SONORE

14h30 YOGA  
POST NATAL

15h MÉDITATION

18h15 VINYASA

18h15 PILATES

19h30 PILATES  
STRETCHING

19h45 VINYASA

19h45 RESTORATIVE

14h30 YOGA  
POST NATAL

15h MÉDITATION

18h15 GESTION DU  
STRESS18h15 PILATES  
DYNAMIQUE

19h ASHTANGA

19h30 PILATES

19h45 VINI YIN

17h PILATES

18h15 VINI YIN

18h15 PILATES

18h45 BREATHWORK

19h45 YIN YOGA

15h YOGA  
PRÉNATAL

18h15 PILATES

18h15 HATHA

19h15 VINYASA

19h30 PILATES

14h45 VOYAGE  
SENSORIEL

16h30 YIN &amp; NIDRA

18h PILATES

18h15 HATHA  
PRANAYAMA

18h30 VINYASA

18h SUNDAY  
VINI YIN

Au delà de 10mn de retard, le cours n'est plus accessible. Annulation 4h avant max.

