

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

17h45 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

18H15 MUNZ FLOOR

19h BREATHWORK

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 VINI YIN

10h HATHA DOUX

11h PILATES

12h15 PILATES

12h30 HATHA

12h30 YOGA
PRÉNATAL

14h45 VOYAGE
SENSORIEL

16h30 YIN & NIDRA

18h VINYASA

18h PILATES

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