

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h FLOWNERGY  9h30 PILATES SWISSBALL 10h30 HATHA DOUX 10h45 YOGA POSTNATAL 11h PILATES 12h30 HATHA 12h30 PILATES 12h30 VINYASA	7h30 WARRIOR 9h30 PILATES 10h45 YOGA PRENATAL 11h PILATES Swiss Ball 12h15 PILATES 12h30 WARRIOR 12h30 YOGA & MEDITATION	 10h30 HATHA DOUX 10h45 PILATES PRENATAL 11h PILATES 12h15 YOGALATES 12h30 VINYASA 12h30 YOGA DU VENTRE 	7h30 VINYASA 9h15 HATHA YOGA FLOW 10h45 MÉDITATION 11h PILATES 12h15 HATHA 12h15 VINYASA AVANCÉ 12h30 PILATES	9h PILATES 10h YIN 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 5-10ans 11h45 PILATES STRETCHING	9h PILATES STRETCHING 9h15 HATHA 9h45 <u>VINYASA</u> 10h15 PILATES 10h45 HATHA 11h15 <u>VINYASA</u> 11h30 PILATES
 18h15 VINYASA 18h15 PILATES 19h30 PILATES STRETCHING 19h45 VINYASA 19h45 RESTORATIVE	14h30 YOGA POSTNATAL 18h15 GESTION DU STRESS 18h15 PILATES DYNAMIQUE  19h ASHTANGA 19h30 PILATES 19h45 VINI YIN	 15h45 PILATES STRETCHING 17h PILATES 18h15 VINI YIN 18h15 PILATES 19h00 HATHA POSTURAL AVANCÉ 19h30 VINYASA 19h45 YIN	 15h PRÉNATAL 18h15 PILATES 18h15 HATHA 19h15 VINYASA 19h30 PILATES 19h45 YOGA DU VISAGE 	14h45 VOYAGE SENSORIEL  16h30 <u>YIN & NIDRA</u> 16h45 PILATES 18h PILATES 18h15 HATHA PRANAYAMA 18h30 VINYASA		 18h SUNDAY VINI YIN