

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h15 YOGA PRENATAL 9h30 PILATES SWISSBALL 10h30 HATHA DOUX 10h45 YOGA POSTNATAL 11h PILATES 12h30 FLOWNERGY 12h30 PILATES 12h30 VINYASA	7h30 WARRIOR 9h YOGA THERAPEUTIQUE 9h30 PILATES 10h45 YOGA PRENATAL INTEGRATIF 11h PILATES Swiss Ball 12h15 PILATES 12h30 WARRIOR 12h30 YOGA & MEDITATION	9h15 MUNZ FLOOR  10h30 HATHA DOUX 10h45 PILATES PRENATAL 11h PILATES 12h15 YOGALATES 12h30 VINYASA 12h30 YOGA DU VENTRE	9h15 YOGA DU DOS 10h45 MÉDITATION 11h PILATES 12h15 HATHA 12h15 VINYASA AVANCÉ 12h30 PILATES	7h30 VINYASA 9h PILATES 10h YIN YOGA 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 5-10ans 11h45 PILATES STRETCHING	9h PILATES STRETCHING 9h15 HATHA 9h45 VINYASA 10h15 PILATES 10h45 HATHA 11h15 VINYASA 11h30 PILATES
14h45 BAIN SONORE 18h15 VINYASA 18h15 PILATES 19h30 PILATES STRETCHING 19h45 VINYASA 19h45 RESTORATIVE	14h30 YOGA POST NATAL 18h15 GESTION DU STRESS 18h15 PILATES DYNAMIQUE  19h ASHTANGA 19h30 PILATES 19h45 VINI YIN	15h45 PILATES STRECTHING 17h PILATES 18h15 VINI YIN 18h15 PILATES  18h15 BREATHWORK  19h30 INSIDE FLOW  19h30 BREATHWORK 19h45 YIN YOGA	15h PRÉNATAL 18h15 PILATES 18h15 HATHA 19h15 VINYASA 19h30 PILATES 19h45 YOGA DU VISAGE	14h45 VOYAGE SENSORIEL 16h30 YIN & 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.

 doux

 modéré

 engagé