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 POST NATAL **11h** PILATES Swiss Ball **12h15** PILATES **12h30** WARRIOR **12h30** YOGA &MEDITATION	**9h15** MUNZ FLOOR NEW **10h30** HATHA DOUX **10h45** PILATES PRENATAL **11h** PILATES **12h15** YOGALATES **12h30** VINYASA **12h30** YOGA DU VENTRE NEW	**7h30** VINYASA **9h15** YOGA DU DOS **10h45** MÉDITATION **11h** PILATES **12h15** HATHA **12h15** VINYASA AVANCÉ **12h30** PILATES	**9h** PILATES **10h** YIN **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	**18h15** GESTION DU STRESS **18h15** PILATES DYNAMIQUE NEW **19h** ASHTANGA **19h30** PILATES **19h45** VINI YIN	**15h45** PILATES STRECTHING **17h** PILATES **18h15** VINI YIN **18h15** PILATES **19H00** BREATHWORK NEW **19h30** INSIDE FLOW NEW **19h45** YIN	**15h** PRÉNATAL **18h15** PILATES **18H15** HATHA **19H15** VINYASA **19H30** PILATES **19h45** YOGA DU VISAGE NEW	**14h45** VOYAGE SENSORIEL NEW **16h30** YIN & NIDRA **16h45** PILATES **18h** PILATES **18h15** HATHA PRANAYAMA **18h30** VINYASA		**18h** SUNDAY VINI YIN

⚠ Au delà de **10mn** de retard, le cours n'est plus accessible

doux modéré engagé