

# PLANNING DE COURS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 Yoga thérapeutique		10h30 Yoga Kids	10h00 Yoga thérapeutique		09h45 Pilates	09h30 Pilates
12h30 Pilates	12h30 Hatha Yoga	12h30 Pilates	12h30 Hatha Yoga	12h30 Pilates	10h00 Yoga Vinyasa	09h45 Yoga Vinyasa
	12h45 Pilates		12h45 Yoga prénatal		11h00 Pilates aérien	10h45 Hatha yoga
18h00 Hatha Yoga	18h00 Pilates	18h00 Wild Yoga	18h00 Yin Yoga & bain sonore	17h30 Pilates Swiss ball		17h00 Ashtanga Yoga
18h15 Yoga aérien doux	18h15 Ashtanga Yoga	18h15 Yoga aérien doux	18h15 Yoga Warrior	17h45 Ashtanga Yoga		18h00 Yin Yoga Candle light
18h30 Pilates	18h30 Hatha Yoga	18h30 Pilates	18h30 Pilates avec accessoires	18h00 Yin Yoga		
19h15 Yoga Vinyasa	19h15 Yin Yoga	19h15 Yin Yoga & Méditation	19h15 Yoga Vinyasa	18h45 Yoga Vinyasa		
19h30 Stretching		19h30 Pilates aérien	19h30 Pilates			
19h45 Cardio Pilates	19h45 Yoga Vinyasa	19h45 Pilates Swiss Ball	19h45 Hatha Yoga			
	20h00 Pilates stretching					

 Dynamique

 Doux