

PLANNING DE COURS

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

 Dynamique

 Doux