

PLANNING DE COURS (À PARTIR DU 02 SEPTEMBRE)



| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE | |
|-------------------------------|-------------------------------|-----------------------------------|------------------------------------|-------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| 10h00 Yoga thérapeutique | 07h30 Morning Pilates | | 07h30 Morning Yoga | | | | |
| | | | 10h00 Yoga thérapeutique | | 09h45 Pilates tous niveaux | 09h30 Pilates tous niveaux | |
| 12h15 Yoga Vinyasa | 12h15 Pilates tous niveaux | 12h15 Hatha Yoga | 12h15 Pilates tous niveaux | 12h15 Hatha Yoga | 10h00 Yoga Kundalini | 09h45 Yoga Vinyasa | |
| 12h30 Pilates tous niveaux | 12h30 Hatha Yoga | 12h30 Yin Yoga | 12h30 Hatha Yoga | 12h30 Pilates tous niveaux | 10h15 Yoga Vinyasa | 10h45 Pilates Swiss Ball | |
| | 12h45 Yoga Vinyasa | 12h30 Pilates niveau 2/3 | 12h45 Yoga Vinyasa | 12h45 Yoga Vinyasa | 11h00 Pilates Swiss Ball | 11h00 Hatha yoga | |
| | | | | | 11h15 Yin Yoga & Bain sonore | | |
| 18h00 Hatha Yoga | 18h00 Hatha yoga | 18h00 Yoga Vinyasa | 18h00 Yin Yoga & Bain sonore | 17h00 Hatha Yoga | 11h30 Hatha Yoga | 16h00 Yoga Vinyasa | |
| 18h15 Yin Yoga | 18h15 Ashtanga Yoga | 18h15 Hatha Yoga | 18h15 Yoga Warrior | 17h30 Pilates Swiss ball | 12h15 Pilates Stretching | 17h15 Ashtanga Yoga | |
| 18h30 Pilates niveau 2/3 | 18h30 Pilates tous niveaux | 18h30 Pilates tous niveaux | 18h30 Pilates tous niveaux | 17h45 Pilates tous niveaux | 14h - 17h Ateliers/ programmes | 17h30 Pilates tous niveaux | |
| 19h15 Yoga Vinyasa | 19h15 Yin Yoga | 19h15 Yin Yoga & Méditation | 19h15 Yoga Vinyasa | 18h00 Yin Yoga | | 18h45 Yoga Vinyasa | 18h45 Yin Yoga Candle light |
| 19h30 Méditation | 19h45 Yoga Vinyasa | 19h30 Cardio Pilates | 19h30 Pilates niveau 2/3 | 18h45 Yoga Vinyasa | | | |
| 19h45 Cardio Pilates | 19h45 Pilates stretching | 19h45 Pilates Swiss Ball | 19h45 Hatha Yoga | 19h00 Cardio Pilates | | | |

 Dynamique

 Doux