

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2
8.00 - 9.00 Vinyasa Morning Flow <i>Jean Gerald D</i>		8.00 - 9.00 Hatha <i>Stephane M</i>		8.00 - 9.00 Pranayama & Méditation <i>Maxime G</i>		8.00 - 9.00 Vinyasa <i>Rose D</i>							
10.00 - 11.30 Vinyasa <i>Jean Gerald D</i>		10.00 - 11.00 Pranayama & Méditation <i>Emilie C</i>	10.00 - 11.00 Yoga Pilates Mix <i>Jean Gerald D</i>	10.00 - 11.00 Vinyasa <i>Maxime G</i>		10.00 - 11.00 Hatha <i>Heloise L</i>	10.00 - 11.00 Pilates <i>Cathy R</i>	10.00 - 11.00 Vinyasa <i>Brittany W</i>	10.00 - 11.00 Pilates <i>Jérôme O</i>	10.00 - 11.00 Hatha Flow <i>Hans LP</i> 11.30 - 12.30 Vinyasa Flow <i>Doan</i>	10.00 - 11.00 Barre au Sol <i>Philippe R</i> 11.00 - 12.00 Pilates <i>Philippe R</i>		10.00 - 11.00 Pilates <i>Sébastien L</i> 11.00 - 12.00 Barre au Sol <i>Sébastien L</i>
12.15 - 13.30 Hatha Flow <i>Heloise L</i> 13.30 - 14.30 Yin <i>Heloise L</i>		12.15 - 13.15 Vinyasa <i>Aurore G</i>		12.00 - 13.15 Kundalini <i>Sebastien R</i> 13.15 - 14.30 Ashtanga <i>Benoit P</i>		12.15 - 13.15 Vinyasa <i>Charlotte SJ</i> 13.15 - 14.15 Vinyasa Flow <i>Charlotte SJ</i>	12.15 - 13.15 Pilates <i>Sébastien L</i> 13.15 - 14.15 Barre au Sol <i>Sébastien L</i>	12.15 - 13.30 Vinyasa Flow <i>Jean Gerald D</i> 13.30 - 14.30 Pranayama & Méditation <i>Maxime G</i>	12.15 - 13.15 High Intensity <i>Jérôme O</i> 13.15 - 14.15 Pilates <i>Jérôme O</i>	12.30 - 14.00 Kundalini <i>Sebastien R</i>			
17.30 - 18.30 Yoga Prénatal <i>Anne Lise B</i>							17.00 - 18.00 Pilates <i>Jérôme O</i>	17.30 - 18.45 Vinyasa <i>Jean Gerald D</i>	17.00 - 18.30 Kundalini <i>Nathalie Z</i>	14.00 - 16.30 Atelier * Yoga & Méditation			
18.30 - 20.00 Ashtanga <i>Benoit P</i>	18.00 - 19.15 Hatha <i>Geraldine S</i>	18.00 - 19.30 Kundalini <i>Sebastien R</i>	18.00 - 19.00 Swiss Ball <i>Cathy R</i>	18.15 - 19.30 Hatha <i>Geraldine S</i>	18.30 - 19.30 Candlelight Vinyasa <i>Aurore G</i>	18.00 - 19.30 Candlelight Vinyasa <i>Charlotte SJ</i>	18.00 - 19.15 Yoga Pilates Mix <i>Jean Gerald D</i>	18.45 - 20.00 Yoga Restorative <i>Jean Gerald D</i>	18.30 - 19.30 Pilates <i>Sébastien L</i>	17.00 - 18.00 Nidra Yoga <i>Celine C</i>		17.00 - 18.30 Hatha <i>Hans LP</i>	
20.00 - 21.00 Yoga Restorative <i>Rose D</i>		19.30 - 21.00 Vinyasa <i>Jean Gerald D</i>	19.00 - 20.00 Pilates <i>Cathy R</i> 20.00 - 21.00 Nidra Yoga <i>Celine C</i>	19.30 - 20.30 Pranayama et Méditation <i>Hans LP</i>		19.30 - 21.00 Vinyasa Flow <i>Jean Gerald D</i>	20.00 - 21.00 Hatha <i>Stephane M</i>		19.30 - 20.30 Barre au sol <i>Sébastien L</i>			18.30 - 19.30 Pranayama et Méditation <i>Hans LP</i>	

Yoga

Pilates & Renfo

Barre & Danse

Méditation, Relaxation & Restorative

Kids classes

Fit Training

* Ateliers hors carnet/
hors forfait