



PLANNING DES COURS

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
8h15									VINYASA FLOW ***** 60'					
9h00			VINYASA DÉBUTANT **** 75'		YOGA SONORE ** 75'								YOGA SLOW FLOW ** 75'	
9h30	HATHA FLOW **** 75'						YIN YOGA * 75'		PILATES *** 60'		HATHA *** 75'			
10h30													PILATES *** 60'	
11h00												PILATES *** 60'		
12h30	VINYASA FLOW ***** 60'	PILATES *** 60'	YIN YOGA * 60'			PILATES *** 60'	HATHA FLOW DOUX *** 60'		YIN YOGA * 60'					
17h45					PILATES CHAISE *** 60'									
18h00	VINYASA DÉBUTANT **** 75'			PILATES *** 60'		IYENGAR ** 75'	HATHA *** 75'	RENFO POSTURAL *** 60'		YOGA RESTAURATIF * 75'				
18h30		YOGA THERAPIE ** 90'	HATHA *** 75'						PILATES FASCIAS & GYM HYPO ** 60'					
19h00					SONS & VIBRATIONS * 75'									
19h15								ASHTANGA ***** 90'						
19h30	YIN YOGA * 60'					HATHA *** 60'	HATHA *** 60'							
20h00			YIN YOGA * 60'											

*susceptible à modifications