

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 Yoga Integral Emma M				8.00-9.00 Ashtanga Priscilla	8.00 - 9.00 High Intensity Patrick Kim						
8.45 - 10.00 Vidyaa Vinyasa Cassandra K		9.00 - 10.00 Ashtanga Tetyana P	8.30 - 10.00 Iyengar I Magda T		8.30 - 09.30 High Intensity Arnaud R		9.00-10.00 Hatha Deepu	9.00 - 10.00 Barre au sol Audrey R	9.00-10.15 Vinyasa Deepu				
		10.00 - 11.00 Pilates I Delphine R	10.00 - 11.00 Soft Hatha Emma M	9.45 - 11.00 Vinyasa Pauline L	9.30-11.00 Iyengar I-II Andrea E	10.00 - 11.00 Barre Flow Patricia K	10.00 - 11.30 Kundalini & Gong Véronique R	10.00 - 11.00 Souplesse Audrey R	10.30 - 11.30 Pilates Fusion Jennifer D	10.45 - 11.30 Yoga Eveil 5-8 ans Adele W	10.00 - 11.30 Ashtanga I-II Cyril L	10.00 - 11.15 Pyrfit Maik N	
11.00 - 12.00 Stretching postural Eise L	11.00 - 12.00 Hatha Marie Rose	11.00 - 12.00 Yoga prénatal Marion S	11.00 - 12.00 Swiss ball Delphine R	11.00 - 12.00 Dynamic BS Jennifer	11.00 - 12.30 Yoga Intégral Nico S	11.00 - 12.00 Pilates II Alexis L	11.30 - 12.30 Initiation Vinyasa Stéphane C	11.00 - 12.30 Yoga Intégral Nico S	11:30 - 12:30 Pilates I Christina S	11:30 - 12:30 Barre au sol Hanae M	11:30 - 12:30 Vinyasa Flow Adèle W	11.15 - 12.15 Vinyasa Flow Sophie B	
12.15 - 13.15 Barre au sol Audrey R	12.15 - 13.15 Pranayama & méditation Marie Rose	12.00 - 13.00 Vinyasa flow Marion S	12.15 - 13.15 Stamina Magoma L	12.00 - 13.00 Pilates II Virginie M	12.30 - 13.45 Ashtanga I-II Nico L		12.30 - 13.45 Vinyasa Nadia E	12.30 - 13.45 Yoga Pilates Mix Pema A	12.30 - 13.30 Pyrfit Maik N	12.30 - 13.30 Barre Classique Hanae M	12.30-13.45 Hatha Nadia M	12.30 - 13.30 Hatha Emmanuel T	12.15 - 13.45 Ashtanga I Pauline L
13.15 - 14.15 Barre classique Audrey R	13.15 - 14.15 Pilates I-II Alexis L	13.00-14.00 Barre Flow Patricia K	13.15 - 14.15 Pilates I Tania S	13.00 - 14.00 Pilates I Virginie M		13.00 - 14.00 Cardio Boxing Alexis L					13.45-15.00 Hatha Flow Nadia M	14.00 - 16.30	
			14.30 - 15.30 Initiation Pilates Tania S					14.30 - 15.30 Barre au sol Hanae M		14.15 - 15.15 Swiss Ball Judicael L	15.00 - 16.30 Iyengar Andrea E	Atelier*	
				16.30 - 17.30 KIDokids 6-10 Marie Caroline P	16.30 - 17.30 Vinyasa Flow Clémence L	16.45 - 17.30 Danse classique 3-5 Estelle E				15.15 - 16.15 Pilates I Judicael L	16.30 - 18.00 Kundalini & Gong Véronique R		
17.00 - 18.00 Qi Gong Franck G		17.00 - 18.00 Streetdance 8-11 Amandine		17.30 - 18.30 Streetdance 12 et plus Amandine		17.30 - 18.15 Danse classique 5-8 Estelle E	17.00 - 18.00 KIDokids 7 plus Marie Caroline P	17.00 - 18.00 Pilates I-II Lida C	17.00 - 18.00 Ashtanga I Nico L			16.30 - 18.00 Hatha Holistic Karine K	16.30 - 17.30 Pilates I-II Jane A
18.30 - 19.30 Hatha Emma M	18.00 - 19.30 Iyengar I-II Mirentchu B	18.15 - 19.30 Ashtanga Priscilla	18.00 - 19.30 Kundalini & Gong Véronique R	18.30 - 19.30 Yoga Pilates Mix Pema A	18.30-19:30 Vinyasa 1 Deepu	18.30 - 19.30 Ashtanga Tetyana	18.15 - 19.30 Pyrfit Maik N	18.00 - 19.00 Barre Flow Emma R	18.00 - 19.00 Yin Nico L	18.00 - 19.30 Yin Camille		18.00 - 19.00 Swiss Ball Jane A	17.30 - 19.00 Yin Emma/ Valérie
19.30 - 20.30 High Intensity Arnaud R	19.30 - 21.00 Jivamukti Clémence L	19.30 - 20.30 Yin Camille S		19.30-20.30 Barre au sol Hanae M	19.30 - 21.00 Ashtanga Pauline L	19.30 - 21.00 Yin Emma M			19.00 - 20.00 Candlelight Vinyasa Clémence L				

Yoga

Pilates

Fit Training

Barre au sol  
DanseMéditation  
Soft class

MiniTigre

\* Ateliers 49€

Hors carnet hors forfait

Niveau 0-I :  
initiation

Niveau I :  
débutant - moyen

Niveau I-II :  
intermédiaire

Niveau II :  
avancé