



CLASS SCHEDULE FROM 5 SEPTEMBER 2022

All our classes are subject to booking from 15 September, unless you have an annual subscription

		YOGA	PILATES/STRENGTHENING	POSTURAL BALL	SOPHROLOGY/RELAXATION	OTHER
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00		07.15-08.15 POSTURAL BALL Huyen		07.00-08.00 MUSCULAR AWAKENING Huyen		
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45						
09:00						
09:15						
09:30	ENGLISH	09.15-10.30 YIN YOGA Quentin (from 27/09/22)	ENGLISH	09.15-10.15 HATHA YOGA Foundation course Quentin (from 29/09/22)	10.00-11.00 POSTURAL BALL ADULTS' & POST-NATAL Huyen	
09:45	09.15-10.15 BODY BALANCE Mairi		09.15-10.15 FITNESS BODY BLAST Tara	ENGLISH 10.30-11.30 HATHA YOGA Foundation course Quentin (from 30/09/22)		
10:00						
10:15						
10:30						
10:45		11.00-12.00 CHAIR GYM / STRENGTHENING Huyen	11.00-12.15 GENTLE YOGA Valérie	10.30-11.30 FITNESS PILATES Tara	11.00-12.00 HOLISTIC STRENGTHENING Huyen	
11:00						
11:15						
11:30						
11:45						
12:00	12.15-13.15 YOGA FOR MEN Quentin (from 26/09/22)	12.00-13.00 POSTURAL BALL Huyen	12.30-13.30 HATHA YOGA Quentin (from 28/09/22)	12.00-13.00 SOPHROLOGY FOR ADULTS Angélique	12.00-13.00 PILATES Caroline	
12:15						
12:30						
12:45						
13:00						
13:15		PERINATAL	PERINATAL / BIMONTHLY* 13.15-14.15 SOPHROLOGY FOR PREGNANT WOMEN Angélique	13.15-14.15 YIN YOGA Quentin (from 30/09/22)		
13:30		13.00 POSTURAL BALL ANTENATAL Huyen				
13:45						
14:00						
14:15						
14:30	14.00-15.15 KUNDALINI YOGA Marlène	14.30-15.30 QI GONG Nathalie	CHILDREN / FR & ENG 14.15-15.15 KIDS YOGA Ages 6-10 Marlène			
14:45						
15:00						
15:15						
15:30						
15:45			CHILDREN / BIMONTHLY* 15.30-16.30 SOPHROLOGY FOR CHILDREN Ages 6-10 Angélique			
16:00						
16:15						
16:30						
18:00				18.00-19.00 STRETCHING Estelle		
18:15						
18:30						
18:45						
19:00						
19:15						
19:30						
19:45						
20:00						
20:15						
20:30	ENGLISH	19.30-20.45 HATHA YOGA Marc	19.30-20.30 PILATES Caroline	19.30-20.45 YOGA GREEN Valérie	BIMONTHLY* 20.00-21.15 YOGA DANCE Kristel	
20:45	18.30-19.30 PILATES Tara					
21:00						
21:15						
21:30						

* Dates on our "Events" website's page