



PLANNING DES COURS COLLECTIFS

HORS VACANCES SCOLAIRES ET JOURS FÉRIÉS

Tous nos cours sont sur réservation, sauf en cas d'abonnement annuel à un cours.

	YOGA	FITNESS	SOPHRO	POSTURAL BALL	AUTRE	
	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeu Thursday	Vendredi Friday	Samedi Saturday
07h00						
07h30		07.15-08.15 RÉVEIL MUSCULAIRE Huyen				
08h00						
08h30						
09h00		09.00-10.30 YOGA HATHA FLOW Quentin	09.00-10.00 CROSS TRAINING Jonathan	09.00-10.30 HATHA YOGA (cours fondation) Quentin		
09h30						
10h00					10.00-11.00 POSTURAL BALL Huyen	
10h30				10.15-11.15 STRETCH'YIN Quentin		
11h00	10.30-12.00 YOGA DE L'ALIGNEMENT Savannah	11.00-12.00 RENFORCEMENT GYM SUR CHAISE Huyen	11.00-12.30 YOGA DOUX Valérie	11.00-12.00 YOGA DE L'ALIGNEMENT Savannah	11.00-12.00 RENFORCEMENT HOLISTIQUE Huyen	
11h30						
12h00		12.00-13.00 POSTURAL BALL Huyen		12.00-13.00 PILATES Caroline		
12h30	12.15-13.15 YOGA DES GARS Quentin		12.45-13.15 YOGA LUNCH - Quentin	12.15-12.45 SOPHRO LUNCH - Angélique		
13h00		PÉRINATALITÉ 13.00-14.00	13.15-13.45 YOGA LUNCH - Quentin	12.45-13.15 RELAX LUNCH - Angélique		
13h30		POSTURAL BALL PRÉ & POST NATAL Huyen	PÉRINATALITÉ			
14h00			14.00-15.00 SOPHRO FEMMES ENCEINTES Angélique	13.30-14.30 QI GONG Nathalie		
14h30	14.00-15.30 YOGA KUNDALINI Marlène					
15h00						
15h30						
16h00						
16h30						
17h00						
17h30		17.15-18.15 CUISSSES / ABDOS / FESSIERS Leslie		17.15-18.15 BODY COMBAT Alexandre		
18h00						
18h30		18.30-19.30 ZUMBA Leslie	18.30-19.30 PILATES Caroline	18.30-19.15 CIRCUIT TRAINING Thomas		
19h00					19.00-20.00 DANSES LATINES (BACHATA / SALSA) Younes	
19h30			19.30-20.30 PILATES Caroline			
20h00		19.45-21.15 HATHA YOGA Marc		19.30-21.00 YOGA GREEN Valérie		
20h30	20.15-21.45 YOGA KUNDALINI Marlène					
21h00						
21h30						



CLASS SCHEDULE

EXCLUDING FRENCH SCHOOL HOLIDAYS

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

	YOGA	FITNESS	SOPHRO	POSTURAL BALL	AUTRE	
	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday
07h00						
07h30		07.15-08.15 MUSCULAR AWAKENING Huyen				
08h00						
08h30						
09h00		09.00-10.30 HATHA FLOW YOGA Quentin	09.00-10.00 CROSS TRAINING Jonathan	09.00-10.30 HATHA YOGA Quentin		
09h30						
10h00					10.00-11.00 POSTURAL BALL Huyen	
10h30	10.30-12.00 BODY ALIGNMENT YOGA Savannah			10.15-11.15 STRETCH'YIN Quentin		
11h00		11.00-12.00 CHAIR GYM / STRENGTHENING Huyen	11.00-12.30 GENTLE YOGA Valérie	11.00-12.00 BODY ALIGNMENT YOGA Savannah	11.00-12.00 HOLISTIC STRENGTHENING Huyen	
11h30						
12h00	12.15-13.15 GUYS YOGA Quentin	12.00-13.00 POSTURAL BALL Huyen	12.45-13.15 YOGA LUNCH - Quentin	12.15-12.45 SOPHRO LUNCH - Angélique	12.00-13.00 PILATES Caroline	
12h30				12.45-13.15 RELAX LUNCH - Angélique		
13h00		PÉRINATALITÉ	13.15-13.45 YOGA LUNCH - Quentin			
13h30		13.00-14.00 POSTURAL BALL PRE & POST NATAL Huyen	14.00-15.00 SOPHRO FOR PREGNANT WOMEN Angélique	13.30-14.30 QI GONG Nathalie		
14h00	14.00-15.30 KUNDALINI YOGA Marlène					
14h30						
15h00						
15h30						
16h00						
16h30						
17h00						
17h30		17.15-18.15 THIGH / ABS / GLUTE CLASS Leslie		17.15-18.15 BODY COMBAT Alexandre		
18h00						
18h30		18.30-19.30 ZUMBA Leslie	18.30-19.30 PILATES Caroline	18.30-19.15 CIRCUIT TRAINING Thomas		
19h00					19.00-20.00 LATIN DANCES (BACHATA / SALSA) Younes	
19h30			19.30-20.30 PILATES Caroline	19.30-21.00 GREEN YOGA Valérie		
20h00		19.45-21.15 HATHA YOGA Marc				
20h30	20.15-21.45 KUNDALINI YOGA Marlène					
21h00						
21h30						