



# 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	Jeucl Thursday	Vendredi Friday	Samedi Saturday
07h00		<b>07.00-08.00</b> RÉVEIL MUSCULAIRE Huyen				
07h30						
08h00						
08h30						
09h00	<b>09.00-10.30</b> YOGA DE L'ALIGNEMENT Savannah	<b>09.00-10.30</b> YOGA HATHA FLOW Quentin	<b>09.00-10.00</b> CROSS TRAINING Jonathan	<b>09.00-10.30</b> HATHA YOGA (cours fondation) Quentin		
09h30						
10h00				<b>10.15-11.15</b> STRETCH'YZIV Quentin	<b>10.00-11.00</b> POSTURAL BALL Huyen	
10h30						
11h00		<b>11.00-12.00</b> RENFORCEMENT GYM SUR CHAISE Huyen	<b>11.00-12.30</b> YOGA DOUX Valérie		<b>11.00-12.00</b> RENFORCEMENT HOLISTIQUE Huyen	
11h30						
12h00	<b>12.15-13.15</b> YOGA DES GARS Quentin	<b>12.00-13.00</b> POSTURAL BALL Huyen		<b>12.00-13.00</b> PILATES Caroline		
12h30		<b>13.00-14.00</b> POSTURAL BALL PRÉ & POST NATAL Huyen	<b>12.45-13.15</b> YOGA LUNCH - Quentin		<b>12.15-12.45</b> SOPHRO LUNCH - Angélique	
13h00			<b>13.15-13.45</b> YOGA LUNCH - Quentin	<b>12.45-13.15</b> RELAX LUNCH - Angélique		
13h30						
14h00	<b>14.00-15.30</b> YOGA KUNDALINI Marlène		<b>14.00-15.00</b> SOPHRO FEMMES ENCEINTES Angélique	<b>13.30-14.30</b> QI GONG Nathalie		
14h30						
15h00						
15h30						
16h00						
16h30						
17h00						
17h30		<b>17.30-18.30</b> CUISSSES / ABDOS / FESSIERS Leslie		<b>17.15-18.15</b> BODY COMBAT Alexandre		
18h00					<b>17.45-18.45</b> YOGA DE L'ALIGNEMENT Savannah	
18h30		<b>18.30-19.30</b> ZUMBA Leslie	<b>18.30-19.30</b> PILATES Caroline	<b>18.30-19.15</b> CIRCUIT TRAINING Thomas		
19h00					<b>19.00-20.00</b> DANSES LATINES (BACHATA / SALSA) Younes	
19h30			<b>19.30-20.30</b> PILATES Caroline			
20h00		<b>19.45-21.15</b> HATHA YOGA Marc		<b>19.30-21.00</b> YOGA GREEN Valérie		
20h30	<b>20.15-21.45</b> 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	Vendredi Friday	Samedi Saturday
07h00		07.00-08.00 MUSCULAR AWAKENING Huyen			
07h30					
08h00					
08h30					
09h00	09.00-10.30 BODY ALIGNMENT YOGA Savannah	09.00-10.30 HATHA FLOW YOGA Quentin	09.00-10.00 CROSS TRAINING Jonathan		
09h30					
10h00					10.00-11.00 POSTURAL BALL Huyen
10h30				10.15-11.15 STRETCH'Y'IN Quentin	
11h00		11.00-12.00 CHAIR GYM / STRENGTHENING Huyen	11.00-12.30 GENTLE YOGA Valérie		11.00-12.00 HOLISTIC STRENGTHENING Huyen
11h30					
12h00		12.00-13.00 POSTURAL BALL Huyen		12.00-13.00 PILATES Caroline	
12h30	12.15-13.15 GUYS' YOGA Quentin		12.45-13.15 YOGA LUNCH - Quentin	12.15-12.45 SOPHRO LUNCH - Angélique	
13h00		13.00-14.00 POSTURAL BALL PRE & POST NATAL Huyen	13.15-13.45 YOGA LUNCH - Quentin	12.45-13.15 RELAX LUNCH - Angélique	
13h30					
14h00	14.00-15.30 KUNDALINI YOGA Marlène		14.00-15.00 SOPHRO FOR PREGNANT WOMEN Angélique	13.30-14.30 QI GONG Nathalie	
14h30					
15h00					
15h30					
16h00					
16h30					
17h00					
17h30		17.30-18.30 THIGH / ABS / GLUTE CLASS Leslie		17.15-18.15 BODY COMBAT Alexandre	
18h00				17.45-18.45 BODY ALIGNMENT YOGA Savannah	
18h30		18.30-19.30 ZUMBA Leslie	18.30-19.30 PILATES Caroline		
19h00				19.00-20.00 LATIN DANCES (BACHATA / SALSA) Younes	
19h30			19.30-20.30 PILATES Caroline		
20h00		19.45-21.15 HATHA YOGA Marc			
20h30	20.15-21.45 KUNDALINI YOGA Marlène			19.30-21.00 GREEN YOGA Valérie	
21h00					
21h30					