



PLANNING DES COURS COLLECTIFS

DU 23 AU 28 OCTOBRE 2023

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 | Jeudi Thursday | Vendredi Friday | Samedi Saturday |
| 07h00 | | 07.00-08.00 RÉVEIL MUSCULAIRE Huyen | | | | |
| 07h30 | | | | | | |
| 08h00 | | | | | | |
| 08h30 | | | | | | |
| 09h00 | 09.00-10.30 YOGA DE L'ALIGNEMENT Savannah | 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'YZIV Quentin | | |
| 11h00 | | 11.00-12.00 RENFORCEMENT GYM SUR CHAISE Huyen | | | 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 | 13.00-14.00 POSTURAL BALL PRÉ & POST NATAL Huyen | | | | |
| 13h00 | | | | | | |
| 13h30 | | | | | | |
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| 16h00 | | | | | | |
| 16h30 | | | | | | |
| 17h00 | | | | | | |
| 17h30 | | 17.30-18.30 CUISSES / ABDOS / FESSIERS Leslie | | 17.15-18.15 BODY COMBAT Alexandre | | |
| 18h00 | | | | | 17.45-18.45 YOGA DE L'ALIGNEMENT Savannah | |
| 18h30 | | 18.30-19.30 ZUMBA Leslie | 18.30-19.30 PILATES Caroline | | | |
| 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 | | | | |
| 20h30 | | | | | | |
| 21h00 | | | | | | |
| 21h30 | | | | | | |



PLANNING DES COURS COLLECTIFS

DU 30 OCTOBRE AU 04 NOVEMBRE 2023

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 | Jeudi Thursday | Vendredi Friday | Samedi Saturday |
| 07h00 | | 07.00-08.00 RÉVEIL MUSCULAIRE Huyen | Jour férié | | | |
| 07h30 | | | | | | |
| 08h00 | | | | | | |
| 08h30 | | | | | | |
| 09h00 | 09.00-10.30 YOGA DE L'ALIGNEMENT Savannah | 09.00-10.30 YOGA HATHA FLOW Quentin | | 09.00-10.30 HATHA YOGA (cours fondation) Quentin | | |
| 09h30 | | | | | | |
| 10h00 | | | | | | 10.00-11.00 POSTURAL BALL Huyen |
| 10h30 | | | | | 10.15-11.15 STRETCH'YZIV Quentin | |
| 11h00 | | 11.00-12.00 RENFORCEMENT GYM SUR CHAISE Huyen | | | | 11.00-12.00 RENFORCEMENT HOLISTIQUE Huyen |
| 11h30 | | | | | | |
| 12h00 | | 12.00-13.00 POSTURAL BALL Huyen | | | | |
| 12h30 | 12.15-13.15 YOGA DES GARS Quentin | 13.00-14.00 POSTURAL BALL PRÉ & POST NATAL Huyen | | | | |
| 12h30 | | | | | | |
| 13h00 | | | | | | |
| 13h30 | | | | | | |
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| 17h00 | | | | | | |
| 17h30 | | | | | 17.15-18.15 BODY COMBAT Alexandre | |
| 18h00 | | | | | 17.45-18.45 YOGA DE L'ALIGNEMENT Savannah | |
| 18h30 | | | | | | |
| 19h00 | | | | | 19.00-20.00 DANSES LATINES (BACHATA / SALSA) Younes | |
| 19h30 | | | | | | |
| 20h00 | | | | | | |
| 20h30 | | | | | | |
| 21h00 | | | | | | |
| 21h30 | | | | | | |



CLASS SCHEDULE

FROM OCTOBER 23TH TO 28TH

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 | | 07.00-08.00 <i>MUSCULAR AWAKENING</i> Huyen | | | | |
| 07h30 | | | | | | |
| 08h00 | | | | | | |
| 08h30 | | | | | | |
| 09h00 | 09.00-10.30 <i>BODY ALIGNMENT YOGA</i> Savannah | 09.00-10.30 <i>HATHA FLOW YOGA</i> Quentin | 09.00-10.00 <i>CROSS TRAINING</i> Jonathan | | | |
| 09h30 | | | | | | |
| 10h00 | | | | | | |
| 10h30 | | | | 10.15-11.15 <i>STRETCH'Y'IN</i> Quentin | 10.00-11.00 <i>POSTURAL BALL</i> Huyen | |
| 11h00 | | 11.00-12.00 <i>CHAIR GYM / STRENGTHENING</i> Huyen | | | 11.00-12.00 <i>HOLISTIC STRENGTHENING</i> Huyen | |
| 11h30 | | | | | | |
| 12h00 | 12.15-13.15 <i>GUY'S YOGA</i> Quentin | 12.00-13.00 <i>POSTURAL BALL</i> Huyen | | 12.00-13.00 <i>PILATES</i> Caroline | | |
| 12h30 | | 13.00-14.00 <i>POSTURAL BALL PRE & POST NATAL</i> Huyen | | | | |
| 13h00 | | | | | | |
| 13h30 | | | | | | |
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| 16h00 | | | | | | |
| 16h30 | | | | | | |
| 17h00 | | | | | | |
| 17h30 | | 17.15-18.15 <i>THIGH / ABS / GLUTE CLASS</i> Leslie | | 17.15-18.15 <i>BODY COMBAT</i> Alexandre | | |
| 18h00 | | | | 17.45-18.45 <i>BODY ALIGNMENT YOGA</i> Savannah | | |
| 18h30 | | 18.30-19.30 <i>ZUMBA</i> Leslie | 18.30-19.30 <i>PILATES</i> Caroline | | | |
| 19h00 | | | 19.30-20.30 <i>PILATES</i> Caroline | 19.00-20.00 <i>LATIN DANCES (BACHATA / SALSA)</i> Younes | | |
| 19h30 | | | | | | |
| 20h00 | | 19.45-21.15 <i>HATHA YOGA</i> Marc | | | | |
| 20h30 | | | | | | |
| 21h00 | | | | | | |
| 21h30 | | | | | | |



CLASS SCHEDULE

FROM OCTOBER 30TH TO NOVEMBER 4TH

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 | | 07.00-08.00 <i>MUSCULAR AWAKENING</i> Huyen | French public holiday | | | |
| 07h30 | | | | | | |
| 08h00 | | | | | | |
| 08h30 | | | | | | |
| 09h00 | 09.00-10.30 <i>BODY ALIGNMENT YOGA</i> Savannah | 09.00-10.30 <i>HATHA FLOW YOGA</i> Quentin | | | | |
| 09h30 | | | | | 09.00-10.30 <i>HATHA YOGA</i> Quentin | |
| 10h00 | | | | | | 10.00-11.00 <i>POSTURAL BALL</i> Huyen |
| 10h30 | | | | | 10.15-11.15 <i>STRETCH'Y'IN</i> Quentin | |
| 11h00 | | 11.00-12.00 <i>CHAIR GYM / STRENGTHENING</i> Huyen | | | | 11.00-12.00 <i>HOLISTIC STRENGTHENING</i> Huyen |
| 11h30 | | | | | | |
| 12h00 | 12.15-13.15 <i>GUY'S YOGA</i> Quentin | 12.00-13.00 <i>POSTURAL BALL</i> Huyen | | | | |
| 12h30 | | 13.00-14.00 <i>POSTURAL BALL PRE & POST NATAL</i> Huyen | | | | |
| 13h00 | | | | | | |
| 13h30 | | | | | | |
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| 16h30 | | | | | | |
| 17h00 | | | | | | |
| 17h30 | | | | | 17.15-18.15 <i>BODY COMBAT</i> Alexandre | |
| 18h00 | | | | | | 17.45-18.45 <i>BODY ALIGNMENT YOGA</i> Savannah |
| 18h30 | | | | | | |
| 19h00 | | | | | 19.00-20.00 <i>LATIN DANCES (BACHATA / SALSA)</i> Younes | |
| 19h30 | | | | | | |
| 20h00 | | | | | | |
| 20h30 | | | | | | |
| 21h00 | | | | | | |
| 21h30 | | | | | | |