



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 <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>
07h00						
07h30						
08h00						
08h30						
09h00		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'YIN Quentin	11.00-12.00 RENFORCEMENT HOLISTIQUE Huyen	
11h00		11.00-12.00 RENFORCEMENT GYM SUR CHAISE Huyen	11.00-12.30 YOGA DOUX Valérie			
11h30						
12h00	12.15-13.15 YOGA DES GARS Quentin	12.00-13.00 POSTURAL BALL Huyen		12.00-13.00 PILATES Caroline		
12h30		13.00-14.00 POSTURAL BALL PRÉ & POST NATAL Huyen		12.15-12.45 SOPHRO LUNCH - Angélique 12.45-13.15 RELAX LUNCH - Angélique		
13h00						
13h30						
14h00	14.00-15.30 YOGA KUNDALINI Marlène		14.00-15.00 SOPHRO FEMMES ENCEINTES Angélique			
14h30						
15h00						
15h30						
16h00						
16h30						
17h00						
17h30		17.30-18.30 RENFORCEMENT MUSCULAIRE - FULL BODY Leslie		17.15-18.15 BODY COMBAT Alexandre	17.15-18.45 YOGA DE L'ALIGNEMENT Savannah	
18h00	18.00-19.00 CIRCUIT TRAINING Laurent	18.30-19.30 ZUMBA Leslie	18.30-19.30 PILATES Caroline	18.30-19.15 CIRCUIT TRAINING Thomas		
18h30	19.00-20.00 WORKOUT OF THE WEEK Laurent		19.30-20.30 PILATES Caroline		19.00-20.00 DANSES LATINES (BACHATA / SALSA) Younes	
19h00						
19h30						
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						
08h00						
08h30						
09h00		09.00-10.30 HATHA FLOW YOGA		09.00-10.30 HATHA YOGA		
09h30		Quentin		Quentin		
10h00					10.00-11.00 POSTURAL BALL	
10h30				10.15-11.15 STRETCH'YIN	Huyen	
11h00		11.00-12.00 CHAIR GYM / STRENGTHENING	11.00-12.30 GENTLE YOGA	Quentin	11.00-12.00 HOLISTIC STRENGTHENING	
11h30		Huyen	Valérie		Huyen	
12h00	12.15-13.15 GUYS YOGA	12.00-13.00 POSTURAL BALL		12.15-12.45 SOPHRO LUNCH - Angélique	12.00-13.00 PILATES	
12h30	Quentin	Huyen		12.45-13.15 RELAX LUNCH - Angélique	Caroline	
13h00		13.00-14.00 POSTURAL BALL PRE & POST NATAL				
13h30		Huyen				
14h00	14.00-15.30 KUNDALINI YOGA		14.00-15.00 SOPHRO FOR PREGNANT WOMEN			
14h30	Marlène		Angélique			
15h00						
15h30						
16h00						
16h30						
17h00						
17h30		17.30-18.30 MUSCLE STRENGTHENING - FULL BODY		17.15-18.15 BODY COMBAT	17.15-18.45 BODY ALIGNMENT YOGA	
18h00	18.00-19.00 CIRCUIT TRAINING	Leslie		Alexandre	Savannah	
18h30	Laurent	18.30-19.30 ZUMBA	18.30-19.30 PILATES	18.30-19.15 CIRCUIT TRAINING		
19h00	19.00-20.00 WORKOUT OF THE WEEK	Leslie	Caroline	Thomas	19.00-20.00 LATIN DANCES (BACHATA / SALSA)	
19h30	Laurent		19.30-20.30 PILATES		Younes	
20h00		19.45-21.15 HATHA YOGA	Caroline	19.30-21.00 GREEN YOGA		
20h30	20.15-21.45 KUNDALINI YOGA	Marc		Valérie		
21h00	Marlène					
21h30						