

## LUNDI

09h00 - 10h00  
Pilates  
Adultes

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10h15 - 11h30  
Soft Yoga Flow  
Adultes

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18h00 - 19h00  
Pilates  
Adultes

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19h15 - 20h30  
Soft Yoga Flow  
Adultes

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20h30 - 21h45  
Danse  
Adultes

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## MARDI

17h30 - 18h45  
Medium Yoga Flow  
Adultes

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19h00 - 20h00  
Pilates  
Adultes

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20h15 - 21h15  
Yogalates  
Adultes

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## MERCREDI

09h00 - 10h00  
Pilates  
Adultes

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10h15 - 11h30  
Soft Yoga Flow  
Adultes

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13h30 - 14h15  
Kids Yoga  
Enfants (6-10 ans)

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19h00-20h15  
Soft Yoga Flow  
Adultes

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20h15-21h30  
Candel Yoga  
Adultes

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## JEUDI

09h00 - 10h15  
Soft Yoga Flow  
Adultes

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10h30 - 11h30  
Pilates  
Adultes

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18h00-19h00  
Yoga Respiration  
Adultes

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19h15-20h30  
Intense Yoga Flow  
Adultes

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20h30-21h30  
Yogalates  
Adultes

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## VENDREDI

12h15 - 13h15  
Pilates  
Adultes

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## SAMEDI

08h30-9h30  
Pilates  
Adultes

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09h30-10h30  
Pilates  
Adultes

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10h30-12h00  
Power Yoga Flow  
Adultes

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