

LUNDI

09h00 - 10h00 (L)
Pilates

10h15 - 11h15 (L)
Soft Yoga Flow

18h00 - 19h00 (L)
Pilates

19h15 - 20h15 (L)
Soft Yoga Flow

20h30 - 21h45 (L)
Danse Moderne

MARDI

09h00 - 10h00 (P)
Tai Chi

10h15 - 11h15 (P)
Barre à terre

17h30 - 18h45 (L)
Medium Yoga Flow

19h00 - 20h00 (L)
Pilates

20h15 - 21h15 (L)
Yogalates

MERCREDI

09h00 - 10h00 (L)
Pilates

10h15 - 11h15 (L)
Soft Yoga Flow

18h00 - 19h00 (P)
Creative Flow Barre

19h15 - 20h30 (P)
Soft Yoga Flow

20h30 - 21h30 (P)
Tai Chi

JEUDI

09h00 - 10h15 (P)
Soft Yoga Flow

10h30 - 11h30 (P)
Pilates

17h00 - 18h00 (L)
Qi Yogong

18h00 - 19h00 (L)
Yoga for Men

19h15 - 20h30 (L)
Intense Yoga Flow

20h30 - 21h30 (L)
Yogalates

VENDREDI

10h45 - 11h45 (L)
Pilates AFC Sculpt

12h00 - 13h00 (P)
Deep Stretch Yoga

(L) LUC

(P) PANJA

SAMEDI

08h30 - 09h30 (L)
Pilates

09h30 - 10h45 (L)
Power Yoga Flow
