

PLANNING DES COURS COLLECTIFS

A PARTIR DU
11/03 2024

LUNDI

09:15	Total Silhouette 45'
10:00	École du dos 45'
11:00	Yoga doux 60' <small>Studio Amélie - Hatha - Tous niveaux</small>
12:30	Cross Training 45'
15:15	Yoga 60'
17:00	Pilates 60'
18:00	Yoga 60'
18:00	Pole Dance 75'
19:00	Yoga 60'

MARDI

09:15	Pilates 60'
11:00	Yoga Qi Gong 60' <small>Studio Jérôme</small>
12:30	Mob&Stretch 45'
17:00	École du dos 60'
18:00	Mob&Stretch 60'
18:00	Cross Training 60'
19:00	Pilates 60'
19:00	Boxe 60'
20:15	Pole Dance 90'

MERCREDI

10:00	Total Silhouette 60'
12:30	Yoga Qi Gong 60'
16:00	Yoga dynamique 60' <small>Studio Amélie Hatha - Vinyasa ou ashtanga - niveau inter</small>
17:00	Pilates 45'
17:45	CAF 45'
18:00	Pole Dance 75'
18:30	Total silhouette 45'
19:15	Pilates 45'
19:15	Pole Dance 75'

JEUDI

09:15	Yoga doux 60' <small>Studio Amélie Hatha - Tous niveaux</small>
10:30	Gyrokinesis 60' <small>Studio Valérie</small>
17:00	Yoga 60'
18:00	Pilates 60'
18:00	Cross Training 60'
19:00	Boxe 60'
19:00	CAF 45'

VENDREDI

09:15	Pilates 60'
11:00	Yoga Qi Gong 60' <small>Studio Jérôme</small>
15:00	Yoga dynamique 60' <small>Studio Amélie Hatha - Vinyasa ou ashtanga - niveau inter</small>
17:00	Pilates 60'
18:00	Yoga 60'
19:00	Cross Training 60'
19h00	Yin Yoga 75' <small>Studio Lucie</small>

SAMEDI

09:30	Total Silhouette 45'
10:15	Pilates 45'
11:00	Boxe 60'
11:00	Yoga pour tous 60' <small>Studio Amélie - Tous niveaux</small>

HORAIRE D'OUVERTURE

Lundi au Vendredi : 09:00 - 20:00
Samedi : 09:00 - 12:00