

	LUNDI	MARDI	MERC.	JEUDI	VEND.	SAMEDI	DIM
7h30				HATHA LIVE Coraline			
9h45						YOGA BIKRAM Géraldine	
10h			PILATES Karine				ATELIERS
11h30						WARRIOR YOGA Géraldine 1h	
12h15			HATHA Linda				
12h30		PILATES SWISS BALL Nicolas		PILATES Sandra	VINYASA Melie		
18h15		VINYASA Linda	VINYASA Melie	HATHA Anaïs	18h PILATES Jade	VOS ATELIERS DU SAMEDI 15h	18h YIN YOGA & YOGA NIDRA 1/mois
18h30	POWER VINYASA Lucie						
19H45	YIN 1h Lucie	HATHA Linda	YIN YOGA Melie	ROCKET ASHTANGA Anaïs			