



Planning 2021-2022

Le planning peut-être soumis à des modifications

<i>Lundi</i>	<i>Mardi</i>	<i>Mercredi</i>	<i>Jeudi</i>	<i>Vendredi</i>	<i>Samedi</i>
9h PILATES		9H Yogalates feet up	9h Pilates Hamac		9h30 Pilates
10h Yoga Yin méditation		10h Pilates			10h15 Yoga
12h30 PILATES	12h30 PILATES Barre fusion	12h30 Power Yoga	12h30 PILATES	12h30 Yogalates Ashtanga	
17h15 Pilates	17h15 Yoga fly Hamac	15h Yoga Kid	17h15 Pilates		
18h15 Pilates flow	18h15 Pilates	17h15 Hatha yoga	18h15 Yogalates Vinyasa		
19h15 Yoga flow Méditation	19h15 Yogalates	18h15 Yoga ashtanga	19h30 Yoga Hamac Nidra		
		19h15 Pilates flow/ Trx			