

PLANNING Octobre 2018

LUNDI		MARDI		MERCREDI		JEUDI	
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2
						8.00 - 9.00 Ashtanga Tetyana P	
8.30 - 09.30 Méditation & Yoga de la Voix Ilhem K	9.00 - 10.00 Pilates I-II Franck J	8.30 - 09.30 Prana & Kriyas Samuel G	9.00 - 10.00 Initiation Pilates Jane A	8.45 - 09.45 Vinyasa morning mix Nadia E	9.00 - 10.00 Pilates & Barre Audrey P	9.00 - 10.00 Hatha Samuel G	9.00 - 10.00 Barre au sol contemporaine Camille
9.30-11.00 Ashtanga Fred M	10.00 - 11.00 Initiation Pilates Franck J	9.30-10.30 Vinyasa flow Samuel G	10.00 - 11.00 Pilates II Jane A	9.45 - 11.00 Hatha Alignement Rajhas S	10.00 - 11.00 Pilates 0-I Audrey P	10.00 - 11.00 Qi Gong Franck G	10.15 - 11.15 Pilates 0-I Audrey P
11.00 - 12.30 Hatha Holistic Karine K	12.00 - 13.00 Pilates I Carolina	10.30 - 12.00 Astres & yoga Catherine	11.15 - 12.15 Equilibre & Fondations Raphael D	11.00 - 12.15 Hatha & ayurveda Anne V		11.00 - 12.30 Kundalini Caroline B	11.15-12.15 Barre Classique Audrey R
12.30 - 14.00 Iyengar Carmen H	13.00 - 14.00 Brooking Bar Carolina S	12.30 - 14.00 Yoga Intégral Nico S	12.15 - 13.30 Vinyasa Marine F	12.30 - 14.00 Ashtanga Pauline L	12.30 - 13.30 Vinyasa Alignement Katia S	12.30 - 14.00 Vinyasa Flow Marine F	12.15 - 13.15 Barre au sol Audrey R
	14.00 - 15.00 Pilates I Maura M	14.00 - 15.00 Pranayama & Méditation Verane P	13.30 - 14.30 Initiation Pilates Maura M		13.30 - 14.30 Boxe & TRX Charles L		13.45 - 14.45 Equilibre & Fondations Raphael D
14.30 - 15.45 Hatha Gwendal M	15.00 - 16.00 Swiss Ball Maura M		14.30 - 15.30 Pilates I Maura M	14.30 - 15.30 Pranayama & méditation Marion MS	14.30 - 15.30 High Intensity Charles L		
	16.00 - 17.15 Barre au sol & souplesse Audrey R			15.30 - 16.30 Hatha Marion MS	15.30 - 16.30 Kids Yoga 8-11 Anne Cé	15.00 - 16.30 Hatha & ayurveda Verane P	16.00 - 17.00 Pilates I Andrea D
17.00 - 18.30 Kundalini & gong Marion S	17.30 - 18.30 Yoga Pilates Mix Pema A	17.00 - 18.00 Initiation Ashtanga Sandra V	17.00 - 18.00 Barre au sol contemporaine Camille L	16.30 - 17.30 Sophrologie Veronica B	16.30 - 17.30 Kids Yoga 5-7 Anne Cé		17.00 - 17.45 Yoga Eveil Baby 18 mois - 3 ans Lise B
18.30 - 19.30 Hatha Camille S	18.30 - 19.30 Body Art Clotilde M	18.00 - 19.15 Yin Yoga Kathy W	18.00 - 19.00 Pilates I Andrea D	17.30 - 18.30 Yoga Pilates Mix Nadia E	17.30 - 18.45 Hatha Samuel G	17.00 - 18.00 Méditation & Yoga de la Voix Ilhem K	18.00 - 19.15 Yoga Pilate Mix Pema A
19.30-21.00 Yin Yoga Camille S	19.30 - 20.30 Barre Fusion Jason O	19.15 - 20.30 Kundalini & gong Aurore S	19.00 - 20.15 Vinyasa flow Marine F	18.30 - 19.45 Jivamukti I-II Klara P	18h45-19h45 Méditation Tibétaine Stéphane	18.00 - 19.30 Iyengar Luiz B	19.15 - 20.15 Circuit Training Justin S
	20.30 - 21.30 Boxe & TRX Ilyas B		20.15 - 21.15 Yin Yoga Marine F	19.45 - 21.00 Kundalini Camille D		19.30 - 20.30 Hatha Vinyasa Deepu K	20.15 - 21.15 High Intensity Justin S
VENDREDI		SAMEDI		DIMANCHE			
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2		
7.15 - 9.00 Mysore Sandra V	9.00 - 10.00 Pilates Franck J						
9.15 - 10.30 Kundalini Caroline B	10.00 - 11.00 Initiation Pilates Franck J						
10.30 - 11.45 Iyengar Andrea E		10.00 - 11.15 Hatha Vinyasa Deepu K	10.00 - 11.00 Yoga Eveil 7-10 Ferdie	10.30 - 12.00 Kundalini Aurore Seetal A	10.30 - 13.00 Atelier * Pilates, Barre & Renfo		
	12.00 - 13.00 Pilates & Barre Audrey P	11.30 - 13.00 Ashtanga Pauline L	11.00 - 12.00 Pilates Mathieu E	12.00 - 13.15 Vinyasa flow Nadia E			
13.00 - 14.15 Ashtanga Sandra V	13.00 - 14.00 Swiss Ball Caroline A	13.00 - 14.30 Iyengar Carmen H	12.00 - 13.00 Pilates Mathieu E				
14.30 - 16.00 Astres & yoga Catherine S	14.00 - 15.00 Pilates I-II Stéphanie U		14.00 - 15.00 Pilates Fusion Lisa L	13.45 - 15.00 Iyengar Carmen H	13.30 - 14.30 Pilates I Jane A		
16.00 - 17.00 Yoga prénatal Catherine S	15.00 - 16.00 Méthode Lilian Arlen Yasna S	14.30 - 17.30 Atelier * Yoga & Méditation	15.00 - 16.00 High Intensity Bibi G	15.00 -16.15 Hatha Jane A	14.30 -15.30 Swiss Ball Jane A		
17.00 - 18.00 Yoga Intégral Flow Nico S	16.00 - 17.00 Barre au sol Yasna S		16.00 - 17.00 Boxe & TRX Bibi G	16.15 - 17.15 Yin & Gong Camille S	15.30 - 17.00 Barre au sol Yasna S		
18.00 - 19.00 Yoga Nidra Somaly T		17.30 - 19.00 Ashtanga II Sandra V	17.00 - 18.00 Barre Fusion Jason O	17.15 - 18.15 Yoga Nidra Somaly T	17.00 - 18.15 Boxe & TRX Charles L		
19.00 - 20.30 Hatha Alignement Rajhas S	18.30 - 19.45 Boxe & TRX Ilyas B		18.00 - 19.15 Yin & Gong Marine F				
	19.45 - 20.45 High Intensity Ilyas B						

- Yoga
- Pilates & Renfo
- Barre & Danse
- Méditation, Relaxation & Restorative
- Kids classes
- Autres disciplines

\* Ateliers 49€  
Hors carnet hors forfait