

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE		
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	
						8.00 - 9.00	8.00 - 9.00	7.15 - 9.00	9.00 - 10.00					Yoga
						Ashtanga	Deep Core	Mysore	Pilates					Pilates & Renfo
						Tetyana P	Juliana M	Sandra V	Franck J					
8.00 - 9.00	9.00 - 10.00	8.30 - 09.30	9.00 - 10.00	8.30 - 09.30	9.00 - 10.00	Vinyasa	Pilates & Barre	Vinyasa	Barre Flow	Kundalini	Initiation Pilates			
Méditation & Yoga de la Voix	Pilates I-II	Prana & Kriyas	Initiation Pilates	Vinyasa	Pilates & Barre	Vinyasa	Barre Flow	Kundalini	Initiation Pilates					
Georgina A	Franck J	Samuel G	Jane A	Nadia E	Audrey P	Samuel G	Juliana M	Marion S	Franck J					
9.30 - 11.00	10.00 - 11.00	9.30 - 10.30	10.00 - 11.00	9.30 - 11.00	10.00 - 11.00	10.00 - 11.00	10.00 - 11.00	11.00 - 12.00		10.00 - 11.15	10.00 - 11.00	10.00 - 11.30	10.00 - 12.30	Barre & Danse
Ashtanga	Pilates 0	Vinyasa flow	Pilates II	Hatha Alignement	Pilates 0-I	Qi Gong	Pilates 0-I	Vinyasa Flow		Vinyasa Flow	High Intensity	Kundalini	Atelier * Pilates, Barre & Renfo	
Fred M	Franck J	Samuel G	Jane A	Rajhas S	Audrey P	Franck G	Audrey P	Alex A		Deepu K	Gilles S	Aurore S		
			11.00 - 12.00	10.45 - 12.00		11.00 - 12.00		12.00 - 13.15	12.00 - 13.00	11.30 - 13.00	11.00 - 12.00	11.30 - 12.45		Méditation, Relaxation & Restorative
			Equilibre & Fondations	Hatha & ayurveda		Hatha		Iyengar	Pilates & Barre	Ashtanga	Pilates I	Vinyasa flow		
			Raphael D	Anne V		Emmanuel T		Susanna V	Carolina S	Pauline L	Mathieu E	Nadia E		
12.00 - 13.15	12.15 - 13.15	12.15 - 13.15	12.00 - 13.00	12.00 - 13h00	12.30 - 13.30	12.00 - 13.30	12.15 - 13.30	13.15 - 14.30	13.00 - 14.00	13.00 - 14.30	12.00 - 13.00	12.45 - 13.45	12.30 - 13.30	Kids
Hatha	Pilates I	Vinyasa	Swiss Ball	Vinyassa Flow	Deep Core	Kundalini	Vinyasa	Ashtanga	Swiss Ball	Iyengar	Initiation Pilates	Hatha	High Intensity	
Dipak Z	Carolina S	Maricha D	Carolina S	Alex A	Juliana M	Caroline B	Marine F	Sandra V	Carolina S	Carmen H	Mathieu E	Karine K	Gilles S	
13.15 - 14.30	13.15 - 14.15	13.15 - 14.15	13.00 - 14.00	13.00 - 14.00	13.30 - 14.30	13.30 - 14.45	13.45 - 14.45			14.30 - 17.30	14.00 - 15.00	13.45 - 15.00	13.30 - 14.30	Fit Training
Vinyasa	Barre Fusion	Yin	Initiation Pilates	Vinyasa Alignement	High Intensity	Katonah	Equilibre & Fondations				Pilates Fusion	Iyengar	Pilates I	
Marine F	Carolina S	Maricha D	Carolina S	Katia S	Juliana M	Alexandra G	Raphael D				Lisa L	Carmen H	Jane A	
				14.30 - 15.30							15.00 - 16.00		14.30 - 15.30	
				Pranayama & méditation							Atelier * Yoga & Méditation		Swiss Ball	
				Marion MS									Jane A	
				15.30 - 16.30	15.30 - 16.30			16.00 - 17.00				16.15 - 17.15	15.30 - 17.00	
				Hatha	Kundalini Kids 7 - 11 ans			Yoga prénatal				Yin	Barre au sol	
				Marion MS	Georgina A			Tatiana E				Camille S	Yasna S	
17.30 - 18.30		17.00 - 18.00	17.00 - 18.00					17.00 - 18.00		17.30 - 19.00	17.00 - 18.00	17.15 - 18.15	17.00 - 18.15	
Yoga Pilates Mix		Initiation Ashtanga	Barre au sol					Vinyasa Flow		Ashtanga II	Barre Fusion	Yoga Nidra	Boxe	
Pema A		Sandra V	Camille L					Deepu K		Sandra V	Danielle O.R	Somaly T	Charles L	
18.30 - 19.30	18.30 - 19.30	18.00 - 19.15	18.00 - 19.00	17.30 - 18.30	17.30 - 18.30	17.00 - 18.00	18.00 - 19.15	18.00 - 19.00	18.30 - 19.30					
Hatha	Pilates I	Iyengar	Pilates I	Vinyasa	Hatha	Hatha	Yoga Pilate Mix	Yoga Nidra	Boxe II					
Camille S	Ilaria B	Mathilde T	Andrea D	Nadia E	Dipak Z	Martin K	Pema A	Somaly T	Ilyas B					
19.30 - 21.00	19.30 - 20.30	19.15 - 20.30	19.15 - 20.30	18.30 - 19.45	18.30 - 19.30	18.00 - 19.30	19.15 - 20.15	19.00 - 20.30	19.30 - 20.30					
Yin Yoga	Barre Fusion	Vinyasa	Kundalini & gong	Jivamukti I-II	Swiss Ball	Iyengar	Circuit Training	Hatha Alignement	Boxe I					
Camille S	Noémie F	Marine F	Aurore S	Klara P	Ilaria B	Luiz B	Justin S	Rajhas S	Ilyas B					
	20.30 - 21.30	20.30 - 21.30		19.45 - 21.00	19.30 - 20.30	19.30 - 20.45	20.15 - 21.15							
	Boxe II	Yin Yoga		Kundalini	Pilates	Vinyassa Flow	Méditation & Yoga de la Voix							
	Ilyas B	Marine F		Marion S	Ilaria B	Deepu K	Georgina A							



* Ateliers hors carnet/ hors forfait