

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
					ASHTANGA YOGA 9h30 – 11h	PILATES 9h30 – 10h30
VINYASA YOGA 12h30 – 13h30	AIR DANCING YOGA 12h15 – 13h	ASHTANGA YOGA 12h – 13h	PILATES 12h30 – 13h30	HATHA YOGA 12h30 – 13h30		HATHA YOGA 10h30 – 12h
INITIATION SOPHRO 13h – 13h45	PORT DE BRAS™ 13h – 13h45					YIN YOGA 12h – 13h
		YOGA ENFANTS 16h30 – 17h30	PORT DE BRAS™ 18h30 – 19h15			PORT DE BRAS™ 18h – 19h
BIKINI 19h – 19h45	PILATES 18h30 – 19h30		AIR DANCING YOGA 19h15 – 20h			AIR DANCING YOGA 19h – 20h
PORT DE BRAS™ 19h45 – 20h30	HATHA YOGA 19h30 – 20h30	HIIT 19h30 – 20h	INITIATION SOPHRO 18h30 – 19h30	PILATES 19h – 19h45	STUDIO AIR YOGA & PRATIQUES BIEN-ÊTRE	
AIR DANCING YOGA 20h30 – 21h30	VINYASA YOGA 20h30 – 21h30	ABD/FES 20h – 20h30				
					VISIO	9 RUE CURIE MAISON DE QUARTIER DES CHÊNES