

# PLANNING DES COURS

(SEMAINE DU LUNDI 19 OCTOBRE AU SAMEDI 24 OCTOBRE 2020)

	LUNDI 19	MARDI 20	MERCREDI 21	JEUDI 22	VENDREDI 23	SAMEDI 24
8:00		07:45 - 08:30 <b>YOGA VINYASA</b> Rola	07:45 - 08:40 <b>YOGA ASHTANGA</b> Rola			
9:00		09:00 - 09:45 <b>BURNING BARRE</b> Sonia		09:00 - 09:45 <b>PILATES MAT</b> Cindy	09:00 - 09:45 <b>BURNING BARRE</b> Sonia	
10:00	09:45 - 11:00 <b>SLOW YOGA VINYASA</b> Rola					10:00 - 10:45 <b>BARRE HIIT</b> Sonia
11:00						10:45 - 11:45 <b>YOGA VINYASA</b> Rola
12:00						
13:00	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:00 - 13:00 <b>YOGA ASHTANGA</b> Rola	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:15 - 13:00 <b>PILATES MAT</b> Cindy	12:30 - 13:30 <b>YOGA ASHTANGA</b> Rola	
14:00	13:00 - 13:45 <b>POWER VINYASA</b> Rola	13:00 - 13:45 <b>MÉDITATION PLEINE CONSCIENCE</b> Isabelle	13:00 - 13:45 <b>METABOLIC &amp; ABS TRAINING</b> Hugo	13:00 - 13:45 <b>SHADOW BOXING</b> Halim		
15:00						
16:00						
17:00						
18:00						
19:00	18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène	18:30 - 19:15 <b>YIN YOGA</b> Rola	18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène	18:15 - 19:00 <b>POSTURE POWER</b> Marie-Hélène	18:30 - 19:15 <b>YIN YOGA</b> Rola	
20:00	19:00 - 20:00 <b>SOPHROLOGIE</b> Élise	19:00 - 20:00 <b>YOGA ASHTANGA</b> Rola	19:00 - 20:00 <b>YOGA VINYASA</b> Rola	19:00 - 20:00 <b>YOGA NIDRA</b> Patricia	19:00 - 19:45 <b>SHADOW BOXING</b> Halim	

# PLANNING DES COURS

(SEMAINE DU LUNDI 26 OCTOBRE AU SAMEDI 31 OCTOBRE 2020)

	LUNDI 26	MARDI 27	MERCREDI 28	JEUDI 29	VENDREDI 30	SAMEDI 31
8:00		07:45 - 08:30 <b>YOGA VINYASA</b> Rola	07:45 - 08:40 <b>YOGA ASHTANGA</b> Rola			
9:00		09:00 - 09:45 <b>BURNING BARRE</b> Sonia		09:00 - 09:45 <b>PILATES MAT</b> Cindy	09:00 - 09:45 <b>BURNING BARRE</b> Sonia	09:15 - 10:00 <b>PILATES MAT</b> Marie-Hélène
10:00	09:45 - 11:00 <b>SLOW YOGA VINYASA</b> Rola					10:00 - 10:45 <b>BARRE HIIT</b> Sonia
11:00						10:45 - 11:45 <b>KIDS YOGA</b> Pascale
						10:45 - 11:45 <b>YOGA VINYASA</b> Rola
12:00	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:00 - 13:00 <b>YOGA ASHTANGA</b> Rola	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:15 - 13:00 <b>PILATES MAT</b> Cindy		
13:00	13:00 - 13:45 <b>POWER VINYASA</b> Rola	13:00 - 13:45 <b>METABOLIC &amp; ABS TRAINING</b> Hugo	13:00 - 13:45 <b>SHADOW BOXING</b> Halim	13:00 - 13:45 <b>BURNING BARRE</b> Sonia	12:30 - 13:30 <b>PILATES MAT</b> Cindy	
14:00						
15:00						
16:00						
17:00						
18:00	18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène		18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène	18:15 - 19:00 <b>POSTURE POWER</b> Marie-Hélène	18:00 - 18:45 <b>BURNING BARRE</b> Sonia	
19:00	18:30 - 19:15 <b>SHADOW BOXING</b> Halim	18:30 - 19:15 <b>YIN YOGA</b> Rola			18:50 - 19:35 <b>YIN YOGA</b> Rola	
	19:00 - 20:15 <b>YOGA ASHTANGA</b> Rola		19:00 - 20:00 <b>YOGA VINYASA</b> Rola	19:00 - 19:45 <b>SHADOW BOXING</b> Halim		
	19:15 - 20:15 <b>SOPHROLOGIE</b> Élise		19:00 - 20:00 <b>YOGA NIDRA</b> Patricia			
20:00						

## PLANNING DES COURS

(SEMAINE DU LUNDI 2 NOVEMBRE AU SAMEDI 7 NOVEMBRE 2020)

	LUNDI 2	MARDI 3	MERCREDI 4	JEUDI 5	VENREDI 6	SAMEDI 7	
8:00		07:45 - 08:30 <b>YOGA VINYASA</b> Rola					
9:00		09:00 - 09:45 <b>BURNING BARRE</b> Sonia	09:00 - 10:00 <b>YOGA ASHTANGA</b> Rola	09:00 - 09:45 <b>PILATES MAT</b> Cindy	09:00 - 09:45 <b>BURNING BARRE</b> Sonia	09:15 - 10:00 <b>PILATES MAT</b> Marie-Hélène	
10:00	09:45 - 11:00 <b>SLOW YOGA VINYASA</b> Rola				10:00 - 11:30 <b>YOGA SIVANANDA</b> Laurence	10:00 - 10:45 <b>BARRE HIIT</b> Sonia	10:00 - 10:45 <b>TRX YOGA POSTURAL</b> Rola
11:00						10:45 - 11:45 <b>KIDS YOGA</b> Pascale	10:45 - 11:45 <b>YOGA VINYASA</b> Rola
12:00							
13:00	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:00 - 13:00 <b>YOGA ASHTANGA</b> Rola	12:15 - 13:00 <b>BURNING BARRE</b> Sonia	12:15 - 13:00 <b>PILATES MAT</b> Cindy	12:30 - 13:30 <b>PILATES MAT</b> Cindy	12:30 - 13:30 <b>YOGA HATHA</b> Laurence	
14:00	13:00 - 13:45 <b>POWER VINYASA</b> Rola	13:00 - 13:45 <b>MÉDITATION PLEINE CONSCIENCE</b> Isabelle	13:00 - 13:45 <b>BOXE</b> Halim	13:00 - 13:45 <b>TRX HIIT</b> Andrew			
15:00		13:00 - 14:00 <b>METABOLIC &amp; ABS TRAINING</b> Hugo	13:00 - 13:45 <b>YIN YOGA</b> Rola	13:00 - 13:45 <b>BURNING BARRE</b> Sonia			
16:00							
17:00							
18:00	18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène	18:15 - 19:00 <b>POWER PILATES FUSION</b> Sonia	18:15 - 19:00 <b>TRX FULL BODY</b> Andrew	18:15 - 19:00 <b>PILATES MAT</b> Marie-Hélène	18:15 - 19:00 <b>POSTURE POWER</b> Marie-Hélène	18:00 - 18:45 <b>BURNING BARRE</b> Sonia	18:00 - 18:45 <b>TRX YOGA POSTURAL</b> Rola
19:00	18:30 - 19:15 <b>BOXE</b> Halim	19:15 - 20:00 <b>YIN YOGA</b> Rola	19:00 - 19:45 <b>TRX FULL BODY</b> Andrew	19:00 - 20:00 <b>YOGA VINYASA</b> Rola	19:00 - 19:45 <b>BOOTY CLASS</b> Sonia	18:50 - 19:35 <b>YIN YOGA</b> Rola	
20:00	19:00 - 20:15 <b>YOGA ASHTANGA</b> Rola	19:15 - 20:15 <b>SOPHROLOGIE</b> Élise	19:00 - 20:00 <b>YOGA NIDRA</b> Patricia	19:15 - 20:00 <b>BOXE</b> Halim			