

	Lundi 4	Mardi 5	Mercredi 6	Jeudi 7	Vendredi 8	Samedi 9	Dimanche 10
8 :00							
9 :00		9:00 - 10:00 <b>YOGA VINYASA</b> Alicia	9:00 - 10:00 <b>YOGA VINYASA</b> Auriane	9:00 - 9:50 <b>SCULPT PILATES REFORMER</b> Giomari	09:00 - 10:00 <b>YOGA ASHTANGA</b> Rola	9:00 - 9:45 <b>BURNING BARRE</b> Selina	9:15 - 10:00 <b>TRX FULL BODY</b> Andrew
10 :00	10:00 - 10:50 <b>SCULPT PILATES REFORMER</b> Selina	10:00 - 10:50 <b>SCULPT PILATES REFORMER</b> Selina			10:00 - 10:50 <b>SCULPT PILATES REFORMER</b> Selina	10:00 - 10:45 <b>BURNING BARRE</b> Giomari	10:00 - 10:50 <b>BURN PILATES REFORMER</b> Andrew
11 :00						10:15 - 11:00 <b>PILATES MAT</b> Marie Helene	
12 :00						11:00 - 12:00 <b>YOGA VINYASA</b> Rola	11:00 - 11:50 <b>CLASSIC PILATES REFORMER</b> Giomari
13 :00	12:15 - 13:00 <b>BURNING BARRE</b> Selina	12:15 - 13:00 <b>PILATES MAT</b> Cindy	12:30 - 13:20 <b>SCULPT PILATES REFORMER</b> Tiffany	12:30 - 13:15 <b>TRX FULL BODY</b> Andrew	12:15 - 13:05 <b>CLASSIC PILATES REFORMER</b> Cindy	12:30 - 13:30 <b>YOGA ASHTANGA</b> Priscillia	12:30 - 13:20 <b>SCULPT PILATES REFORMER</b> Selina
14 :00	13:00 - 13:50 <b>SCULPT PILATES REFORMER</b> Selina	13:00 - 13:45 <b>BURNING BARRE</b> Giomari	12:45 - 13:35 <b>BURN PILATES REFORMER</b> Andrew	12:45 - 13:30 <b>ABS &amp; BOOTY</b> Andrew		12:30 - 13:15 <b>TRX FULL BODY</b> Andrew	
15 :00							
16 :00							
17 :00							
18 :00							
19 :00	18:30 - 19:15 <b>CROSS BOXING</b> Cédric	18:30 - 19:20 <b>SCULPT PILATES REFORMER</b> Giomari	18:15 - 19:00 <b>PILATES MAT</b> Marie-Helene	18:30 - 19:15 <b>CARDIO DANCE</b> Giomari	18:30 - 19:15 <b>BURNING BARRE</b> Giomari	18:15 - 19:15 <b>YIN YOGA</b> Rola	18:30 - 19:20 <b>SCULPT PILATES REFORMER</b> Giomari
	19:00 - 19:45 <b>TRX FULL BODY</b> Julien	19:30 - 20:20 <b>SCULPT PILATES REFORMER</b> Giomari	18:30 - 19:20 <b>SCULPT PILATES REFORMER</b> Tiffany	19:15 - 20:15 <b>YOGA VINYASA</b> Auriane	19:30 - 20:20 <b>SCULPT PILATES REFORMER</b> Giomari		
	19:00 - 20:15 <b>YOGA ASHTANGA</b> Rola		19:15 - 20:15 <b>YOGA VINYASA</b> Alicia				
	19:30 - 20:20 <b>SCULPT PILATES REFORMER</b> Tiffany		19:30 - 20:20 <b>SCULPT PILATES REFORMER Avancé</b> Giomari				

	Lundi 11	Mardi 12	Mercredi 13	Jeudi 14	Vendredi 15	Samedi 15	Dimanche 17
8 :00							
9 :00		9:00 – 10:00 <b>YOGA VINYASA</b> Alicia	9:00 – 10:00 <b>YOGA YINYASA</b> Auriane	9:00 - 9:50 <b>SCULPT PILATES REFORMER</b> Giomari	09:00 - 10:00 <b>YOGA ASHTANGA</b> Rola	9:00 – 9:45 <b>BURNING BARRE</b> Séline	
10 :00		10 :00 - 10 :50 <b>SCULPT PILATES REFORMER</b> Selina			10:00 - 10:50 <b>SCULPT PILATES REFORMER</b> Selina	10:00 – 10:45 <b>BURNING BARRE</b> Selina	10:15 – 11:00 <b>PILATES MAT</b> Marie Helene
11 :00	11:00 – 12:15 <b>YOGA ASHTANGA</b> Rola					11 :00 – 12 :00 <b>YOGA VINYASA</b> Rola	11:00 - 11:50 <b>SCULPT PILATES REFORMER</b> Selina
12 :00		12:15 – 13:00 <b>PILATES MAT</b> Cindy	12:30 – 13:15 <b>TRX FULL BODY</b> Andrew	12:15– 13:05 <b>CLASSIC PILATES REFORMER</b> Cindy			11:15 -12:15 <b>YOGA YINYASA</b> Auriane
13 :00		13:00 – 13:45 <b>BURNING BARRE</b> Giomari	12:45 – 13:35 <b>BURN PILATES REFORMER</b> Andrew	13:15- 14 :05 <b>SCULPT PILATES REFORMER</b> Andrew	12:30 – 13:30 <b>YOGA ASHTANGA</b> Priscillia	12:30 – 13:20 <b>SCULPT PILATES REFORMER</b> Selina	
14 :00				12:45 – 13:30 <b>ABS &amp; BOOTY</b> Andrew			
15 :00							
16 :00							
17 :00							
18 :00			18:15 – 19:00 <b>PILATES MAT</b> Marie-Helene		18:15 – 19:15 <b>YIN YOGA</b> Rola		
19 :00	18:30 - 19:15 <b>SCULPT PILATES REFORMER</b> Giomari	18:30 – 19:20 <b>CROSS BOXING</b> Cédric	18 :30- 19 :20 <b>SCULPT PILATES REFORMER</b> Tiffany	18:30 – 19:15 <b>CARDIO DANCE</b> Giomari	18:30 – 19:15 <b>BURNING BARRE</b> Giomari	18:30 – 19:20 <b>SCULPT PILATES REFORMER</b> Tiffany	
20 :00	19:30 – 20:20 <b>SCULPT PILATES REFORMER</b> Giomari	19:00 – 19 :55 <b>HOT YOGA</b> Auriane	19 :15-20 :15 <b>YOGA VINYASA</b> Alicia	19:30 – 20:20 <b>SCULPT PILATES REFORMER</b> Avancé Giomari	19:15 – 20 :15 <b>YOGA YINYASA</b> Auriane		
		19 :30-20 :15 <b>SEANCE SOPHRO</b> Elodie		19:30 – 20:20 <b>SCULPT PILATES REFORMER</b> Giomari			