

	Lundi 16	Mardi 17	Mercredi 18	Jeudi 19	Vendredi 20	Samedi 21	Dimanche 22
7:00							
8:00				08:15 - 09:15 YOGA ASHTANGA Emilie			
9:00		9:00 - 10:00 YOGA VINYASA Heloise	9:00 - 10:00 YOGA VINYASA Héloise	9:00 - 9:50 SCULPT PILATES REFORMER Giomari	9:00 - 9:45 BURNING BARRE Selina	9:15 - 10:00 TRX FULL BODY Andrew	
10:00	10:00 - 10:50 SCULPT PILATES REFORMER Selina	10:00 - 10:50 SCULPT PILATES REFORMER Selina			10:00 - 10:50 SCULPT PILATES REFORMER Selina	10:00 - 10:45 BURNING BARRE Selina	10:00 - 10:45 PILATES MAT Marie Helene
11:00						10:00 - 10:50 BURN PILATES REFORMER Andrew	10:00 - 10:50 SCULPT PILATES REFORMER Juliette
12:00						11:00 - 12:00 YOGA ASHTANGA Adrien	11:00 - 11:50 SCULPT PILATES REFORMER Selina
12:15 - 13:00	12:15 - 13:00 BURNING BARRE Selina	12:15 - 13:00 PILATES MAT Cindy	12:30 - 13:15 TRX FULL BODY Andrew	12:30 - 13:20 SCULPT PILATES REFORMER Tiffany	12:15 - 13:15 YOGA ASHTANGA Celia	10:45 - 12:45 ATELIER YOGA ASHTANGA Adrien Introduction 2eme serie	11:00 - 11:50 SCULPT PILATES REFORMER Juliette
13:00	13:00 - 13:50 SCULPT PILATES REFORMER Selina	13:00 - 13:45 BURNING BARRE Selina		12h - 12:50 BOOTY PILATES REFORMER Andrew	12:30 - 13:20 BOOTY PILATES REFORMER Selina		
14:00		12:45 - 13:35 BURN PILATES REFORMER Andrew		13:00 - 13:45 ABS & BOOTY Andrew	13:15 - 14:00 TRX FULL BODY Andrew		
15:00							
16:00							
17:00							
18:00	18:15 - 19:00 PILATES MAT Tiffany	18:30 - 19:15 SCULPT PILATES REFORMER Tiffany	17:30 - 18:15 PILATES MAT Marie-Helene	18:30 - 19:15 BURNING BARRE Antonina	18:15 - 19:15 YIN YOGA & SOUND BATH Héloise	17:30 - 18:15 PILATES MAT Marie-Helene	17:30 - 18:20 CLASSIC PILATES REFORMER Oxana
19:00	19H - 20H15 YOGA ASHTANGA Celia	19:30 - 20:20 SCULPT PILATES REFORMER Tiffany	18:30 - 19:20 SCULPT PILATES REFORMER Tiffany	18:30 - 19:15 BURNING BARRE Giomari	18:30 - 19:20 SCULPT PILATES REFORMER Giomari	18:30 - 19:20 SCULPT PILATES REFORMER Juliette	
		19:30 - 20:20 HOT YOGA Camille	19:15 - 20:15 YOGA VINYASA Auriane	19:15 - 20:15 YOGA FLOW VINYASA Camille			
		19:30 - 20:20 SCULPT PILATES REFORMER Tiffany	19:30 - 20:20 SCULPT PILATES REFORMER Avancé Giomari				

	Lundi 23	Mardi 24	Mercredi 25	Jeudi 26	Vendredi 27	Samedi 28	Dimanche 29
8 :00				08:15 – 09:15 YOGA ASHTANGA Emilie			
9 :00		9:00 – 10:00 YOGA VINYASA Heloise	9:00 -10:00 YOGA YINYASA Héloise	9:00 - 9:50 SCULPT PILATES REFORMER Giomari	9 :15 – 10 :00 BURNING BARRE Selina	9:00 – 9:45 BURNING BARRE Selina	
10 :00	10:00 - 10 :50 SCULPT PILATES REFORMER Selina	10 :00 - 10 :50 SCULPT PILATES REFORMER Selina			10:00 - 10:50 SCULPT PILATES REFORMER Selina	10 :00 – 10 :45 BURNING BARRE Giomari	10:15 – 11:00 PILATES MAT Marie Helene
11 :00						11 :00 - 12:00 YOGA ASHTANGA Adrien	11:00 - 11:50 SCULPT PILATES REFORMER Juliette
12 :00	12:15 – 13:00 BURNING BARRE Selina	12:15 – 13:00 PILATES MAT Cindy	12 :30 13 :15 TRX FULL BODY Andrew	12h - 12:50 BOOTY PILATES REFORMER Selina	12:15 – 13:00 PILATES MAT Cindy	11:00 - 11:50 CLASSIC PILATES REFORMER Giomari	11H – 12H YOGA YINYASA Auriane
13 :00	13 :00 – 13 :50 SCULPT PILATES REFORMER Selina	13:00 – 13:45 BURNING BARRE Giomari	12 :30--13 :20 SCULPT PILATES REFORMER Tiffany	12:30 – 13:20 BOOTY PILATES REFORMER Selina			
14 :00		12:45 – 13:35 BURN PILATES REFORMER Andrew					
15 :00							
16 :00							
17 :00							
18 :00	18:15 – 19:00 PILATES MAT Tiffany	18:30 -19:15 SCULPT PILATES REFORMER Tiffany	17 :30 – 18 :15 PILATES MAT Marie-Helene	18:30 – 19:15 BURNING BARRE Antonina	18:30 – 19:20 SCULPT PILATES REFORMER Giomari	17 :30 – 18 :15 PILATES MAT Marie-Helene	17:30 – 18:20 CLASSIC PILATES REFORMER Oxana
19 :00	19H – 20H15 YOGA ASHTANGA Celia	19:30 -20:20 SCULPT PILATES REFORMER Tiffany	18:30 – 19:15 BURNING BARRE Giomari	18:30 -19:15 SCULPT PILATES REFORMER Tiffany	18:15 -19 :15 YIN YOGA & SOUND BATH Héloise	18:30 – 19:20 SCULPT PILATES REFORMER Juliette	
20 :00		19:30 – 20 :20 HOT YOGA Camille	19:15 – 20 :15 YOGA YINYASA Auriane	19:15 – 20 :15 YOGA VINYASA FLOW Camille			
		19:30 – 20:20 SCULPT PILATES REFORMER Tiffany	19:30 – 20:20 SCULPT PILATES REFORMER Avancé Giomari				