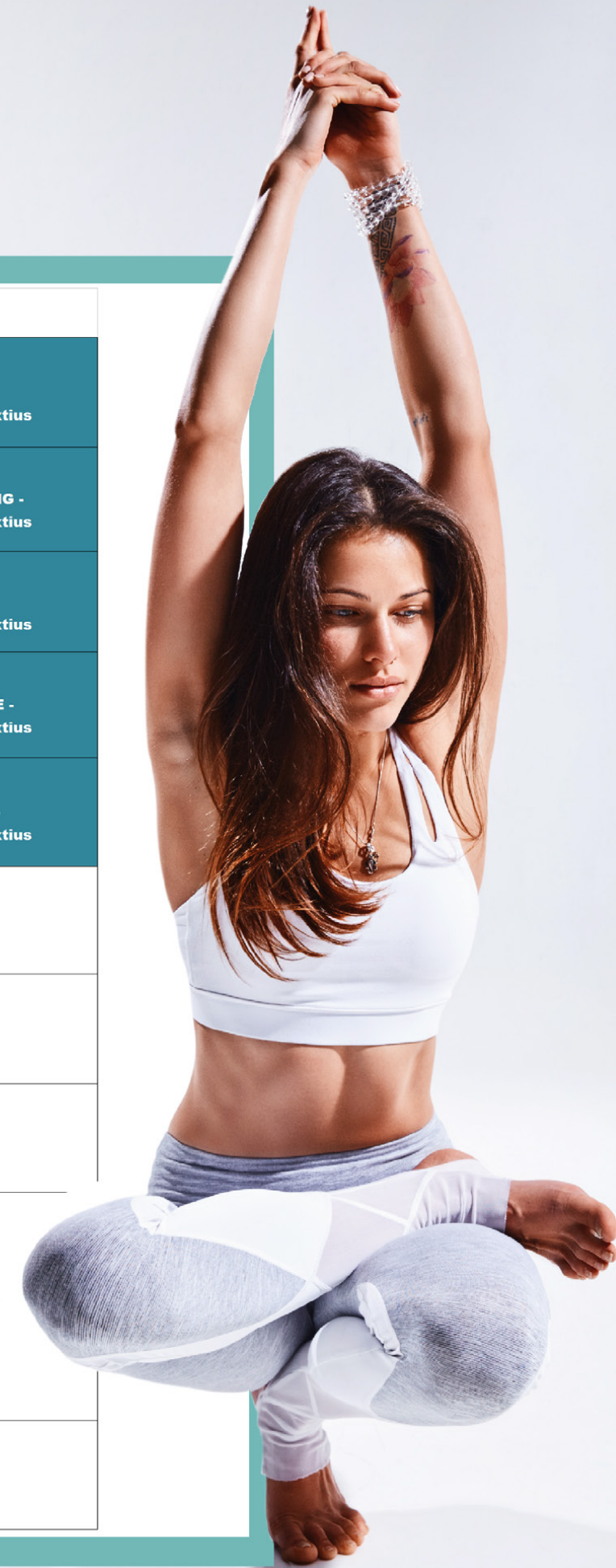


PLANNING YOGA ET FITNESS

À PARTIR DU 6 NOVEMBRE

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h00	09H30 - YIN YOGA - Anne Studio Yoga			09H15 - PILATES 2 - Valérie Pavillon Sextius		09H00 - PILATES 2 - Valérie Pavillon Sextius
10h00	10H05 - CIRCUIT TRAINING - Valérie Pavillon Sextius	10H30 - HATHA YOGA - Anne Studio Yoga	10H05 - PILATES 2 - Valérie Pavillon Sextius	10H45 - HATHA YOGA - Anne Studio Yoga	10H20 - STRETCHING POSTURAL - Valérie Pavillon Sextius	10H05 - CIRCUIT TRAINING - Valérie Pavillon Sextius
11h00	11H10 - STRETCHING - Valérie Pavillon Sextius	11H30 - YIN YOGA - Anne Studio Yoga	11H10 - STRETCHING POSTURAL - Valérie Pavillon Sextius	11H25 - TONICITÉ - Valérie Pavillon Sextius	11H10 - PILATES 2 - Valérie Pavillon Sextius	11H010 - PILATES 1 - Valérie Pavillon Sextius
12h00	12H30 - PILATES 2 - Valérie Pavillon Sextius	12H10 - YIN YOGA - Anne Studio Yoga	12H30 - CIRCUIT TRAINING - Valérie Pavillon Sextius	12H10 - YIN YOGA - Anne Studio Yoga	12H00 - HATHA YOGA - Anne Studio Yoga	12H30 - DOS & POSTURE - Valérie Pavillon Sextius
13h00	13H - MEDITATION - Anne Studio Yoga	13H15 - VINYASA YOGA - Anne Studio Yoga	13H10 - YOGA NIDRA - Anne Studio Yoga	13H00 - YIN YOGA - Anne Studio Yoga	13H00 - VINYASA YOGA - Anne Studio Yoga	13H30 - STRETCHING - Valérie Pavillon Sextius
14h00	14H15 - DOS & POSTURE - Valérie Pavillon Sextius	14H15 - PILATES 1 - Valérie Pavillon Sextius		14H30 - VINYASA YOGA - Anne Studio Yoga	14H15 - PILATES 2 - Sandrine Pavillon Sextius	14H15 - STRETCHING POSTURAL - Valérie Pavillon Sextius
15h00	15H20 - PILATES 1 - Valérie Pavillon Sextius	15H00 - HATHA YOGA - Anne Studio Yoga	15H20 - STRETCHING - Sandrine Pavillon Sextius	15H20 - TONICITÉ - Sandrine Pavillon Sextius	15H20 - STRETCHING - Valérie Pavillon Sextius	
16h00			16H - YOGA ENFANTS - Anne Studio Yoga	16H30 - PILATES 1 - Sandrine Pavillon Sextius	16H00 - MEDITATION - Anne Studio Yoga	
17h00			17H10 - VINYASA YOGA - Anne Studio Yoga		17H30 - YIN YOGA - Anne Studio Yoga	
18h00	18H00 YOGA VINYASA Anne Studio Yoga	17H45 - TONICITÉ - Sandrine Pavillon Sextius	18H00 - CIRCUIT TRAINING - Sandrine Pavillon Sextius	18H15 - YIN YOGA - Anne Studio Yoga	18H15 - PILATES 2 - Valérie Pavillon Sextius	18H30 - HATHA YOGA - Anne Studio Yoga
19h00	19H10 - YIN YOGA - Anne Studio Yoga	18H50 - PILATES 2 - Sandrine Pavillon Sextius	18H30 - PILATES - RENFORCEMENT - STRECHING Valérie Pavillon Sextius	19H00 - PILATES 3 - Sandrine Pavillon Sextius	19H20 - CIRCUIT TRAINING - Valérie Pavillon Sextius	



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