

STUDIO YOGA & PAVILLON

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		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 au 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 au Pavillon Sextius		10H05 - CIRCUIT TRAINING - Valérie au 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 au Pavillon	12H10 - YIN YOGA - Anne Studio Yoga		12H00 - HATHA YOGA - Anne Studio Yoga	12H30 - STRETCHING POSTURAL - Valérie Pavillon	12H00 - YIN YOGA - Anne Studio Yoga	12H30 - TONICITE - Valérie Pavillon Sextius	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 au Pavillon Sextius		14H15 - PILATES 1 - Valérie Pavillon Sextius				14H30 - VINYASA YOGA - Anne Studio Yoga		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 - STRETCHING - Valérie Pavillon Sextius		
16h00					16H - YOGA ENFANTS - Anne Studio Yoga	16H30 - PILATES 1 - Sandrine Pavillon Sextius			16H00 - MEDITATION - Anne Studio Yoga		
17h00					17H10 - YIN YOGA - Anne Studio Yoga				17H30 - YIN YOGA - Anne Studio Yoga		
18h00	18H00 YOGA VINYASA Anne Studio Yoga	17H45 - TONICITÉ - Sandrine Pavillon Sextius	18H30 - PILATES - RENFORCEMENT - STRECHING Valérie Pavillon Sextius		18H00 - CIRCUIT TRAINING - Sandrine Pavillon Sextius	18H15 - YOGA ADO - 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			19H00 - PILATES 3 - Sandrine Pavillon Sextius		19H20 - CIRCUIT TRAINING - Valérie au Pavillon Sextius				



Réservez vos cours sur Résamania



Suivez nous sur instagram

