

	Lundi			Mardi			Mercredi			Jeudi			Vendredi		
	Salle 1	Salle 2	Coaching	Salle 1	Salle 2	Coaching	Salle 1	Salle 2	Coaching	Salle 1	Salle 2	Coaching	Salle 1	Salle 2	Coaching
8h															
9h										Warm up					
10h	Yoga Aérien	Pilates 3		Pilates 1		Pilates petit Effectif		Pilates Reformer		Pilates 1	Pilates Reformer	Pilates petit Effectif		Pilates 2	Pilates petit Effectif
11h	Hatha Yoga	Be stretched		Lafia				Be stretched		Lafia		Pilates sur Chaise		Be stretched	
12h		Pilates Flow		Pilates 2				Pilates 1		Pilates Flow	Pilates Reformer			Pilates 1	
13h		Pilates 2								Pilates 1				Be shaped	
16h															
17h					Pilates sur Chaise										
18h		Pilates 1		Be shaped	Pilates 2						Pilates 2			Pilates Reformer	
19h	Step & Co	Lafia	Pilates petit Effectif		Be stretched	Hatha Yoga							YOGA Aérien		
20h	Pilates Flow	Pilates Reformer			Pilates 3		Pilates 1								
21h							Lafia								

