Flore & Sens
Sport · Santé · Bien-être

Saison 2023 / 2024

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	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										PILATES Warm up					
9h		Pilates 3		~~Pilates 1~~				~~Pilates Reformer 2~~		~~Pilates 1~~	Pilates Reformer 1	~~Pilates petit Effectif~~	Hatha Yoga	~~Pilates 2~~	~~Pilates petit Effectif~~
10h		~~Be stretched~~		~~Lafia~~				~~Pilates 1~~		Lafia		Pilates sur Chaise		~~Be Stretched~~	~~Pilates petit Effectif~~
11h		Pilates Flow		~~Pilates 2~~				~~Be Stretch~~		Pilates Flow	Pilates Reformer 1		Yoga Aérien	~~Pilates 1~~	
12h		~~Pilates 2~~								Pilates 1			Yoga Aérien	Be shaped	
13h															
14h															
15h															
16h		Pilates Maternité			Pilates Reformer 1	Pilates sur Chaise									
17h										Pilates 1				~~Pilates Reformer 1~~	
18h	Be shaped	~~Pilates 1~~			~~Pilates 2~~	~~Pilates petit Effectif~~	~~Pilates 1~~				Pilates Reformer 2		Yoga Aérien		
19h		Pilates 2			~~Be stretched~~		Lafia				Step	Pilates petit Effectif Avancé			
20h		Pilates Reformer 2				~~Pilates 3~~					Pilates Flow		Hatha Yoga		
21h															

8h 9h 10h 11h 12h 13h 14h 15h 16h 17h 18h 19h 20h 21h