Flore & Sens
Sport · Santé · Bien-être

# Saison 2023 / 2024

Flore & Sens
Sport · Santé · Bien-être

| | 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 | | | | | | | | | | | | | | | |
| 17h | | Pilates Maternité | | | Pilates Reformer 1 | Pilates sur Chaise | | | | ~~Pilates 1~~ | | | | ~~Pilates Reformer 1~~ | |
| 18h | Be shaped | ~~Pilates 1~~ | | | ~~Pilates 2~~ | ~~Pilates petit Effectif~~ | | | | | Pilates Reformer 2 | | Yoga Aérien | | |
| 19h | | ~~Pilates 2~~ | | | ~~Be stretched~~ | | ~~Pilates 1~~ | | | | Step | Pilates petit Effectif Avancé | | | |
| 20h | | Pilates Reformer 2 | | | | Pilates 3 | Lafia | | | | Pilates Flow | | Hatha Yoga | | |
| 21h | | | | | | | | | | | | | | | |

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