

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
8h Duo - José			8h Mat 1 Laurence		
	9h Duo José		9h Pilates Swiss Ball Laurence	9h Reformer 1 José	
10h Reformer 2 José	10h Reformer 2 José	10h Mat 1 Post-Natal Laurence	10h Mat 1 Laurence	10h Reformer 3 José	
12h 30 Mat 12 José	12h Reformer 3 José	12h Pilates Swiss Ball Laurence	12h30 Reformer 1 José	12h30 Reformer 2 José	
12h30 Reformer 1 Laurence			12h30 Mat 1 Laurence	12h30 Mat 1 Laurence	
17h Reformer 1 José	14h Reformer 1 José			15h Reformer 1 Laurence	
18h Duo - José	18h Mat 1 José	18h Reformer 3 José	18h Yoga Asthanga Claire	18h Reformer 2 José	
19h Mat 2 José		19h Anti-stress/ méditation en mouvement	19h30 Hatha Yoga Claire		
19 h Reformer 1 Laurence					
!Cours collectifs 8 places disponibles!					
Cours privés disponible les Samedi					