

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:45-11:00 YOGA VINYASA Elise Bulcke	9:45-10:45 MUNZ FLOOR Jean-Michel Lapiere	10:00-11:00 YOGA THÉRAPEUTIQUE Lan Phan	7:30-8:30 WARRIOR YOGA Elise Bulcke	9:45-10:45 RENFO MUSCULAIRE Alicia Bensalah	9:30-10:30 PILATES Perrine Pottier	9:45-10:45 YOGA VINYASA Elodie Van Den Hende
9:45-11:00 YOGA DU DOS Aglaré Dehondt	11:00-12:00 PILATES STRETCHING Yarden Leinman	11:15-12:15 KIDS YOGA Céline Duchesne	10:00-11:00 PILATES Louisa Bouchelaghem	10:00-11:00 PILATES STRETCHING Yarden Leinman	9:30-10:30 HATHA & PRANAYAMA Eva Castrogiovanni	9:45-10:45 PILATES Yarden Leinman
11:15-12:15 PILATES Elise Bulcke	11:15-12:15 HATHA YOGA Lan Phan	11:15-12:15 PILATES STRETCHING Louisa Bouchelaghem	10:00-11:15 HATHA YOGA IYENGAR NIVEAU 2 Agathe Cordier	11:00-12:15 YOGA VINI YIN Justine Bacq	10:45-11:45 PILATES STRETCHING Perrine Pottier	11:00-12:15 INSIDE FLOW Sabrina Cornet
12:30-13:30 YOGA VINYASA Léane Lesage			11:00-12:15 BAIN SONORE Justine Bacq	11:00-12:00 DANSE CARDIO Alicia Bensalah	10:45-12:00 ASHTANGA YOGA Eva Castrogiovanni	11:00-12:00 PILATES BALL & ACCESSOIRES Yarden Leinman
12:30-13:30 PILATES ACCESSOIRES Elise Bulcke	12:30-13:30 ASHTANGA MIX YOGA Yarden Leinman	12:30-13:30 PILATES Louisa Bouchelaghem	11:15-12:15 HATHA YOGA IYENGAR Agathe Cordier	12:30-13:30 MUNZ FLOOR Jean-Michel Lapiere		
16:00-17:00 MUNZ FLOOR Jean-Michel Lapiere	12:30-13:30 PILATES Loredana Podda	12:30-13:30 HATHA YOGA Céline Duchesne	12:30-13:30 PILATES Louisa Bouchelaghem	12:30-13:30 PILATES Perrine Pottier		
16:00-17:00 YOGA PRÉNATAL Lucile Delahousse			12:30-13:30 YOGA VINYASA Agathe Cordier			
18:15-19:15 YOGA VINYASA Céline Antonov Zafirov	18:15-19:25 HATHA YOGA Gwenaëlle Joubert	18:15-19:25 YIN & RELAXATION SONORE Céline Duchesne	18:00-19:00 PILATES Olivier Bartlinski	14:00-15:00 SOPHROLOGIE Alix Ibled		17:30-18:45 YIN YOGA Charlotte Boutemy
18:15-19:15 PILATES Madi Farahbakhsh	18:25-19:25 PILATES Julie Delmotte	18:15-19:15 PILATES BALL & ACCESSOIRES Sigrid Russel	18:45-19:45 YOGA VINYASA Céline Antonov Zafirov	17:30-18:30 YOGA VINYASA Agathe Cordier		19:00-20:15 YIN YOGA Charlotte Boutemy
19:30-20:45 YIN YOGA Charlotte Boutemy	19:30-20:30 YIN YOGA Gwenaëlle Joubert	19:30-20:30 PILATES Sigrid Russel	19:15-20:30 HATHA YOGA Olivier Bartlinski	18:30-19:45 YIN YOGA Alexandra Samodiva		
19:30-20:45 ASHTANGA YOGA Yarden Leinman	19:30-20:30 RENFO MUSCULAIRE Julie Delmotte	19:30-20:30 HATHA POSTURAL Céline Duchesne	19:45-20:45 YIN YOGA Céline Antonov Zafirov	18:30-19:45 HATHA YOGA IYENGAR Agathe Cordier		

REFORMER

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	09:30-10:30 FULL BODY Clara Iglesias	9:45-10:45 FULL BODY Amandine Boumanne	9:15-10:15 FULL BODY Céline Carette			
11:00-12:00 FULL BODY Meherine Afshari	11:15-12:15 FULL BODY Julie Delmotte	11:00-12:00 FULL BODY Amandine Boumanne	11:00-12:00 FULL BODY Céline Carette	10:00-11:00 FULL BODY Sigrid Russel		
12:30-13:30 FULL BODY Meherine Afshari	12:30-13:30 FULL BODY Julie Delmotte	12:30-13:30 FULL BODY Amandine Boumanne	12:30-13:30 FULL BODY Céline Carette	11:15-12:15 FULL BODY Perrine Pottier		
17:15-18:15 FULL BODY Clara Laby	17:15-18:15 FULL BODY Julie Delmotte		17:15-18:15 FULL BODY Clara Laby	17:15-18:15 FULL BODY Loredanna Podda		
18:30-19:30 FULL BODY Clara Laby			18:30-19:30 FULL BODY Clara Laby	18:30-19:30 FULL BODY Loredanna Podda		18:00-19:00 FULL BODY Mathis Bouillet
19:45-20:45 FULL BODY Clara Laby			19:45-20:45 FULL BODY Clara Laby			
						