

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h30-10h30
VINYASA/STRETCHING
Kristell 06.27.86.12.37

14h00-17h00
**MASSAGE, SHIATSU
ACUPUNCTURE
FACIAL TREATMENT
PLANTAR REFLEXOLOGY**
Sur RDV Véronique
06.72.88.48.87

19h00-20h00
HATHA YOGA
Eva 06.50.01.23.38

9h15-10h15
PILATES
Mel 07.83.70.03.18

12h00-17h00
OSTEOPATHIE

Sur RDV Elodie
06.50.15.44.77

19h15-20h30
VINYASA YOGA
Elkie 06.89.63.25.19

19h15-20h15
YOGA DOUX
Kristell 06.27.86.12.37

online

10h30-11h20
SINGING 5-7yrs
Lizzy 06.77.90.97.97

11h30-12h20
SINGING 8-11yrs
Lizzy 06.77.90.97.97

16h00-16h50
SINGING 12-18yrs
Lizzy 06.77.90.97.97

18h00-19h00
HATHA YOGA
Olivier 06.09.54.25.93

19h15-20h15
PILATES
Mel 07.83.70.03.18

9h15-10h15
PILATES
Mel 07.83.70.03.18

10h45-11h45
HATHA YOGA
Olivier 06.09.54.25.93

12h30-13h30
PILATES
Mel 07.83.70.03.18

18h30-19h30
ASHTANGA VINYASA
Caro 07.87.92.05.42

19h45-20h45
HATHA YOGA
Eva 06.50.01.23.38

Sauf le 1er jeudi du mois

9h30-10h30
VINYASA/STRETCHING
Kristell 06.27.86.12.37

12h30-13h30
VINYASA FLOW
Marion 06.46.02.66.87

17h15-18h15
HATHA YOGA
Olivier 06.09.54.25.93

18h30-19h30
VINYASA YOGA
Kristell 06.27.86.12.37

10h00-11h00
YOGA/RELAXATION
Kristell 06.27.86.12.37

14h00-15h00
SOPHROLOGIE
Lou 06.63.45.50.06

15h00-19h00
WORKSHOPS

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09h00-17h00
WORKSHOPS

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17h30-18h30
ASHTANGA VINYASA
Caro 07.87.92.05.42

Merci de vous inscrire à l'avance. Pas de cours pour 1 élève.
Please enroll before you come. No class for 1 student.

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