



# PLANNING 2022/2023

lundi

mardi

Merc.

jeudi

Vend.

sam.

Dim.

MATIN

MIDI

12h10

**PILATES 50mn**

*Katia*

13h

17H45

**VINYASA YOGA FLOW**

*Louise*

19h

**VINYASA YOGA  
DOUX**

*Louise*

20H30

18H45

**PILATES 50mn  
AVEC ACCESSOIRES**

*Katia*

19H35

19h45

19h45

*Katia*  
**ASHTANGA VINYASA YOGA**

21h

18h30

**VINYASA YOGA**

*Louise*

19h45

17h

**FIT SUSPENSION 50mn**

*Katia*

17h50

18h

**PILATES 50mn**

*Katia*

18h50

APRES-MIDI