

Cours réguliers en présentiel au studio

lundi	mardi	mercredi	jeudi	vendredi	samedi
	7h45 – 8h30 Yoga				
9h – 10h Functional training	9h – 10h Pilates	9h – 10h Functional training	9h – 10h Posture et mobilité	9h – 10h Pilates	
					9h30 – 10h30 Pilates
12h15 – 13h Pilates	12h15 – 13h Functional training	12h15 – 13h Pilates		12h15 – 13h Functional training	
13h00 – 13h45 Yoga	13h00 – 13h45 Posture et mobilité	13h00 – 13h45 Méthode de Gasquet	12h30 – 13h30 Yoga	13h00 – 13h45 Pilates	
	17h30 – 18h30 Yoga				
18h – 19h Functional training		18h – 19h Pilates	17h30 – 18h30 Pilates	18h – 19h Functional training	
	18h30 – 19h30 Pilates		18h30 – 19h30 Functional training		
19h – 20h Pilates		19h – 20h Functional training		19h – 20h Pilates	
	19h30 – 20h30 Functional training		19h30 – 20h30 Yoga		
20h – 21h Posture et mobilité		20h – 21h Posture et mobilité			