

PLANNING REFORMER

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H	Power JérémY	Signature Célia	Signature JérémY	Signature Cannelle	Power Polly		
9H	Power JérémY	Signature Célia	Signature JérémY		Power Polly	Signature Julie	
10H	Power JérémY	Signature Célia	Power JérémY	Signature Charlotte	Signature Charlotte	Signature Julie	Signature Kévin
11H			Doux Charlotte		Doux Charlotte	Power Julie	Power Kévin
12H	Signature Charlotte	Signature Célia	Power Soudi	Classique I Charlotte	Classique II/III Charlotte	Power Julie	Signature Kévin
13H	Classique I Charlotte	Signature Célia	Power Soudi	Classique II/III Charlotte	Classique I Charlotte		Power Kévin
16H						Prénatal Célia	
17H					Signature Julie	Signature Célia	Signature Hatim
18H	Signature Hatim	Power (EN) Tair	Signature Sigga	Power JérémY	Signature Julie	Signature Célia	Signature Hatim
19H	Power Hatim	Power (EN) Tair	Signature Sigga	Power JérémY	Signature Julie		
20H	Signature Hatim	Power (EN) Tair	Signature (EN) Sigga	Power JérémY			



PLANNING PILATES SUR TAPIS ET FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H							
9H				9h - 9h50 Abs & Glutes Cannelle			
10H						10h - 10h45 Full Body Express Jordy	
11H	11h - 11h50 Full Body Roxane						10h30 - 11h20 Abs & Glutes Jordy
12H			12h15 - 13h Body Sculpt Cannelle		12h20 - 13h10 Full Body Express Jordy		11h30 - 12h20 Boxe & Burn Jordy
13H	12h20 - 13h10 Power Pilates Roxane		12h30 - 13h20 Pilates à la Barre Charlotte	12h30 - 13h20 Abs & Glutes Abdoul	12h20 - 13h10 Power Pilates Théodore		
16H							
17H							
18H				19h - 19h50 Full Body Roxane			
19H		19h20 - 20h10 Full Body Abdoul	19h - 19h50 Pilates sur tapis Aléna				
20H							



PLANNING YOGA, BARRE ET ASSOUPPLISSEMENT

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H							
9H				10h - 10h45 Mama & Me Yoga Anne			
10H				10h - 10h50 Stretch & Mobilité Cannelle	10h15 - 11h05 Barre au sol Maxime	10h - 10h50 Ballet Barre Shannon	
11H	11h - 11h50 Assouplissement Charlotte					11h - 11h50 Ballet Barre Shannon	11h - 12h Vinyasa et Bain Sonore Anne
12H		12h15 - 13h15 Yoga prénatal Joachim		12h20 - 13h10 Ballet Barre Shannon		11h15 - 12h15 Yoga Sculpt Shirley	
13H							
16H							
17H							
18H	18h45 - 19h35 Ballet Barre Shannon	18h45 - 19h35 Barre au sol Maxime			18h15 - 19h15 Yoga & Méditation Elise		18h - 19h* Breathwork Joachim
19H	19h15 - 20h15 Yoga Sculpt Théodore	19h40 - 20h30 Pilates sur Tapis Maxime	19h15 - 20h15 Dynamic Flow et Bain Sonore Shirley	19h30 - 20h30 Yin et Bain Sonore Joachim			
20H							

