

# Planning Yoga.Pilates



| Lundi                      | Mardi                                    | Mercredi                       | Jeudi                           | Vendredi                          |
|----------------------------|------------------------------------------|--------------------------------|---------------------------------|-----------------------------------|
|                            | 8h45<br>Morning Flow<br>Sophie           | 8h45<br>Pilates Flow<br>Léa    |                                 |                                   |
|                            |                                          |                                | 10h15<br>Yin Yoga<br>Sue        |                                   |
|                            |                                          |                                |                                 | 11h00<br>Yoga Prénatal<br>Sandra  |
| 12h30<br>Hatha Doux<br>Sue | 12h30<br>Iyengar<br>Alignement<br>Chin   |                                | 12h30<br>Pilates Flow<br>Léa    | 12h15<br>Vinyasa Flow<br>Chin     |
| 12h30 Pilates<br>Yvan      |                                          |                                |                                 | 12h15<br>Pilates Sculpt<br>Maxime |
|                            | 18h15<br>Hatha Yoga<br>Marie             | 18h15<br>Yoga Yang Yin<br>Chin | 18h15<br>Yin & Son<br>Sandra    |                                   |
|                            | 19h30<br>Candlelight<br>Vinyasa<br>Marie |                                | 19h30<br>Vinyasa Flow<br>Sandra |                                   |