

# Planning

| Lundi                      | Mardi                           | Mercredi                            | Jeudi                            | Vendredi                          |
|----------------------------|---------------------------------|-------------------------------------|----------------------------------|-----------------------------------|
|                            | 9h00<br>Yoga Prénatal<br>Sandra | 8h45<br>Pilates Flow<br>Léa         |                                  | 9h30<br>Yang Yin Flow<br>Sophie   |
|                            | 9h00<br>Vinyasa Flow<br>Sophie  |                                     |                                  |                                   |
|                            |                                 |                                     | 10h15<br>Yin Yoga<br>Sue         |                                   |
| 12h30<br>Hatha Doux<br>Sue | 12h30<br>Hatha Doux<br>Chin     | 12h30<br>Pilates Mobilité<br>Maxime | 12h30<br>Pilates Flow<br>Léa     | 12h15<br>Vinyasa Flow<br>Chin     |
| 12h30 Pilates<br>Yvan      |                                 |                                     |                                  | 12h15<br>Pilates Sculpt<br>Maxime |
|                            | 18h15<br>Yoga Vinyasa<br>Marie  | 18h15<br>Yoga Yang Yin<br>Chin      | 18h15<br>Vinyasa Flow<br>Sandra  |                                   |
|                            | 19h30<br>Yoga Vinyasa<br>Marie  |                                     | 19h30<br>Yang Yin Flow<br>Sandra |                                   |