



**lundi**

**mardi**

**mercredi**

**jeudi**

STUDIO	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
09:00			HATHA FLOW		HATHA FLOW			
09:30			07:00 – 08:00		09:00 – 10:00			
10:00					YOGA			
10:30					David			
11:00					10:15 – 11:30			
11:30								
12:00								
12:30	HATHA FLOW	PILATES			HATHA FLOW		QI – GONG	
13:00	12:30 – 13:30	12:30 – 13:30			12:30 – 13:30		12:30 – 13:30	
13:30								
14:00								
14:30								
15:00	HATHA FLOW							
15:30	15:30 – 16:30							
16:00					HIP HOP Debout			
16:30					Bambins 3-6 ans			
17:00					15:30 – 16:30			
17:30					HIP HOP Debout			
18:00					Mixte Enfants 7-13 ans			
18:30	HATHA FLOW	MEDITATION	VINYASA	POWER YOGA			BREAK	
19:00	18:20 – 19:20	18:20 – 19:20	18:20 – 19:20	18:15 – 19:15		HATHA FLOW	Débutant	
19:30						18:20 – 19:20	17:30 – 18:30	
20:00	VINYASA		HATHA FLOW	ASHTANGA	YOGA David	HATHA FLOW	BREAK	
20:30	19:30 – 20:30		19:25 – 20:25	19:30 – 20:30	19:15 – 20:15	19:30 – 20:30	Intermédiaire	
21:00							18:30 – 19:30	
21:30								BREAK
22:00			KIZOMBA deb		FITNESS DANSE		MODERN JAZZ	Pratique
			20:35 – 21:35		Filles >16 ans		Ados – Adultes	Avancée
			22h Soirée SBK		20:30 – 21:30		20:00 – 21:00	19:30 – 20:30
			mensuelle					
			au Castel 9					