

# Cours Pilates & Yoga

	<b>MERCREDI</b> WEDNESDAY	<b>JEUDI</b> THURSDAY	<b>VENDREDI</b> FRIDAY	<b>SAMEDI</b> SATURDAY	<b>DIMANCHE</b> SUNDAY
<b>08:15 — 09:00</b>	<b>YOGA FLOW</b> Ouverture du cœur <i>Heart Opening</i>	<b>YOGA FLOW</b> Étirements profonds <i>Deep Stretch</i>	<b>YOGA FLOW</b> Flow solaire <i>Sun Flow</i>	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>	
<b>09:00 — 09:45</b>	<b>PILATES</b> Bas du corps <i>LowerBody</i>	<b>PILATES</b> Haut du corps <i>Upper Body</i>	<b>PILATES</b> Corps complet <i>Full Body</i>	<b>PILATES</b> Centre du corps <i>Core Focus</i>	<b>HOT YOGA</b>
<b>11:00 — 12:00</b>	<b>PILATES</b> Centre du corps <i>Core Focus</i>	<b>YOGA FLOW</b> Ouverture des hanches <i>Hips Opening</i>	<b>PILATES</b> Haut du corps <i>Upper Body</i>	<b>YOGA FLOW</b> Étirements profonds <i>Deep Stretch</i>	<b>PILATES</b> Fessiers <i>Booty Sculpt</i>
<b>17:00 — 18:00</b> 5.00 — 6.00 PM	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>	<b>YIN YOGA</b> Relaxation profonde <i>Deep Release</i>
<b>18:15 — 19:00</b> 5.00 — 6.00 PM	Respiration & Meditation <i>Breathwork &amp; Méditation</i>	Respiration & Meditation <i>Breathwork &amp; Méditation</i>	Respiration & Meditation <i>Breathwork &amp; Méditation</i>	Respiration & Meditation <i>Breathwork &amp; Méditation</i>	Respiration & Meditation <i>Breathwork &amp; Méditation</i>

