

Cours Pilates & Yoga

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

