

YOGA & FITNESS CLASS

20€

LUNDI

9h - 10h	POWER YOGA FLOW	Célia
11h - 12 h	FULL BODY TRAINING	Céline
12h30 - 13h30	VINYASA FLOW	Pauline
14h - 15h	PILATES	Céline
16h30 - 17h30	CIRCUIT TRAINING	Céline

MARDI

9h - 10h	VINYASA FLOW	Pauline
11h - 12h	FULL BODY	Céline
12h30 - 13h30	VINYASA FLOW	Pauline
18h - 19h	CARDIO TRAINING	Camille
19h - 20h	BODY FLOW	Camille

MERCREDI

9h - 10h	SPICY & FLUID MORNING FLOW	✠ Elisabet
12h30 - 13h30	POWER YOGA FLOW	Célia
18h - 19h	POWER YOGA FLOW	Célia

JEUDI

9h - 10h	VINYASA FLOW	Pauline
11h - 12 h	FULL BODY TRAINING	Camille
12h30 - 13h30	YOGA PRENATAL DE GASQUET	Pauline
18h - 19h	VINYASA FLOW	Pauline
19h - 20h	YOGA POST WORKOUT	Pauline

VENDREDI

9h - 10h	POWER YOGA FLOW	Célia
11h - 12 h	FULL BODY TRAINING	Céline
12h30 - 13h30	YOGA RELAXATION	Célia
16h30 - 17h30	CIRCUIT TRAINING	Céline
19h - 20h	VINYASA FLOW & TCM	✠ Elisabet

SAMEDI

9h - 10h	YIN YOGA QI FLOW	✠ Elisabet
16h30 - 17h30	YOGA EVASION	Célia
19h30 - 20h30	SLOW VINYASA FLOW	✠ Elisabet

DIMANCHE

10h - 11h	VINYASA FLOW	Pauline
17h30 - 18h30	YOGA DOUX	Célia
19h30 - 20h30	YIN YOGA & CHINESE MEDECINE	Elisabet

**RÉSERVATION
OBLIGATOIRE**
RESERVATIONS REQUIRED

Camille
06 48 69 28 45

Céline
07 77 97 52 89

Elisabet
06 22 71 46 05

Célia
06 24 77 42 36

Pauline
06 23 44 61 14