

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H-10H		Pilates 2			Pilates 1	
10H-11H	Qi Gong	Pilates 1	Yoga	Qi Gong	Pilates 1	Pilates 1
11H-12H	Tai Chi 1	Pilates Basic	Qi Gong	Feldenkrais	Pilates Basic	Pilates 2
12H-13H		Stretching				Pilates Basic
12H30-13H30	Pilates 1		Qi Gong 2	Stretching*	Pilates Ball	
14H-15H30				Marche Nordique		
15H-16H	Qi Gong Seniors		Yoga Enfants*		Yoga*	
16H-17H			Yoga Junior			
17H-18H			Pilates Junior			ATELIERS
18H-19H	Qi Gong				Tai Chi Basic*	
18H30-19H30		Pilates 2		Pilates 1		
19H-20H	Yoga Zen		Tai Chi 2		Tai Chi 1	
19H30-20H30		Pilates 1		Pilates Basic		
20H-21H			Qi Gong		Danse Présence*	
20H30-21H30	Pilates 1	Pilates		Yoga		

**Nouveau cours (si suffisamment d'inscrits)*