

| LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | |
|------------------------|--------------|------------------------|--|----------------------------|-------------------------------------|------------------------|--------------------------|----------------------|------------------------|----------------------|---------------------|
| GRANDE SALLE | PETITE SALLE | GRANDE SALLE | PETITE SALLE | GRANDE SALLE | PETITE SALLE | GRANDE SALLE | PETITE SALLE | GRANDE SALLE | PETITE SALLE | GRANDE SALLE | PETITE SALLE |
| | | 9h Pilates 2 | | 9h Méditation | | | | 9h Pilates 2 | | 9h30 Wing Chun ** | |
| 10h Qi Gong | | 10h Pilates Bases | 10h Qi Gong Bases * | 10h Yoga | | 10h Qi Gong | | 10h Pilates | | | 10h Pilates 2 * |
| 11h Tai Chi | | 11h Pilates | 11h Yoga * | 11h15 Qi Gong | | 11h15 Yoga | | 11h Pilates Bases | 11h Qi Gong Bases * | 11h Pilates | 11h Flow Yoga * |
| 12h30 Pilates | | 12h Stretching | | | | 12h30 Tai Chi Bases | | 12h30 Flow Yoga | | 12h Pilates Bases | 12h Flow Yoga * |
| 15h Qi Gong Seniors | | | | | | | | | | Ateliers | |
| | | 17h30 Pilates Zen | | 17h Pilates accessoires | | 17h30 Stretching | | | | | |
| 18h Qi Gong | | 18h30 Pilates | 19h Méditation * | 18h Tai Chi | | 18h30 Spécial dos | 18h30 Pilates Bases * | | | | |
| 19h Yoga Zen | | 19h30 Pilates Bases | 20h à 21h30 Atelier initiation méditation ** | 19h Tai Chi Bases | 19h Qi Gong * | 19h30 Pilates 2 | | Ateliers | | | |
| 20h Pilates | | 20h30 Wing Chun ** | | 20h Flow Yoga | 20h00 à 22h30 Atelier MBSR ** | 20h30 Yoga | | | | | |
| 21h Pilates Ball | | | | | | | | | | | 21h Wing Chun ** |

Durée du cours : 1h

*Sur réservation, cours maintenu si suffisamment d'inscrits

** Hors carte

Pilates 2 : avancé