

LUNDI

7:30 - 8:30 am	LIVEstream Rise and Shine (niveau 1/2)
7:30 - 8:30 am	STUDIO Rise and Shine (niveau 1/2)
10:00 - 11:15 am	STUDIO Vinyasa w/ Meditation
11:00 - 12:30 pm	SAUNA am
12:15 - 1:00 pm	LIVEstream Energizer (niveau 1/2)
12:15 - 1:00 pm	STUDIO Energizer (niveau 1/2)
4:45 - 5:45 pm	<u>STUDIO Yoga Wall Relaxation</u>
5:30 - 8:00 pm	SAUNA pm
6:00 - 7:15 pm	LIVEstream Yoga Doux (niveau 1)
6:00 - 7:15 pm	STUDIO Yoga Doux (niveau 1)
7:30 - 8:30 pm	LIVEstream Strength Yoga de force
7:30 - 8:30 pm	STUDIO Strength Yoga de Force

JEUDI

7:30 - 8:30 am	LIVEstream Rise and Shine (niveau 1/2)
7:30 - 8:30 am	STUDIO Rise and Shine (niveau 1/2)
10:00 - 11:15 am	STUDIO Yang to Yin
11:00 - 12:30 pm	SAUNA am
12:15 - 1:00 pm	STUDIO Energizer (niveau 1/2)
5:30 - 8:00 pm	SAUNA pm
5:30 - 7:00 pm	STUDIO Yoga Doux (niveau 1)
6:00 - 7:15 pm	LIVEstream Vinyasa (niveau 2)
6:00 - 7:15 pm	STUDIO Vinyasa (niveau 2)
7:30 - 8:30 pm	STUDIO Yoga Wall Restaurateur

MARDI

10:00 - 11:15 am	STUDIO Yoga pour Débutants
11:00 - 12:30 pm	SAUNA am
12:15 - 1:00 pm	LIVEstream Energizer (niveau 1/2)
12:15 - 1:00 pm	<u>STUDIO Energizer (niveau 1/2)</u>
4:45 - 5:45 pm	LIVEstream Soins du dos/Backcare
4:45 - 5:45 pm	STUDIO Soins du dos/Backcare
5:30 - 8:00 pm	SAUNA pm
6:00 - 7:15 pm	LIVEstream Vinyasa (niveau 2)
6:00 - 7:15 pm	STUDIO Vinyasa (niveau 2)
7:30 - 8:30 pm	STUDIO Yoga Wall Vinyasa (niveau 2)

VENDREDI

10:00 - 11:15 am	LIVEstream Vinyasa (niveau 2)
10:00 - 11:15 am	STUDIO Vinyasa (niveau 2)
11:00 - 12:30 pm	SAUNA am
12:15 - 1:00 pm	STUDIO Energizer (niveau 1/2)
4:45 - 5:45 pm	STUDIO Posture et Prose
5:30 - 7:45 pm	SAUNA pm
6:00 - 7:15 pm	LIVEstream Yang to Yin
6:00 - 7:15 pm	STUDIO Yang to Yin

MERCREDI

10:00 - 11:15 am	LIVEstream Dynamic Vinyasa (niveau 2/3)
10:00 - 11:15 am	STUDIO Dynamic Vinyasa (niveau 2/3)
11:00 - 12:30 pm	SAUNA am
12:15 - 1:00 pm	STUDIO Energizer (niveau 1/2)
4:45 - 5:45 pm	STUDIO Animal Flow
5:30 - 8:00 pm	SAUNA pm
6:00 - 7:15 pm	LIVEstream Yoga pour Débutants avec Méditation
6:00 - 7:15 pm	STUDIO Yoga pour Débutants avec Méditation
7:30 - 8:30 pm	LIVEstream Yin
7:30 - 8:30 pm	STUDIO Yin Yoga

SAMEDI

10:00 - 11:00 am	LIVEstream Vinyasa (niveau 2)
10:00 - 11:00 am	STUDIO Vinyasa (niveau 2)
10:30 - 1:00 pm	SAUNA am
11:30 - 12:30 pm	LIVEstream Yoga Doux (niveau 1)
11:30 - 12:30 pm	STUDIO Yoga Doux (niveau 1)

DIMANCHE

10:00 - 11:15 am	LIVEstream Yang to Yin
10:00 - 11:15 am	STUDIO Yang to Yin
10:30 - 1:15 pm	SAUNA am
11:30 - 12:45 pm	LIVEstream Restaurateur
11:30 - 12:45 pm	STUDIO Restaurateur