

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h Reformer 1 josé	9h30 Mat 1 Delphine		9h30 Reformer Delphine	
	10h Reformer 2 josé	10h30 - 11h45 Hatha-yoga thérapie Maria Luisa		10h Reformer josé
12h 30 Mat 1 josé	12h30 Mat 1 Delphine	12h- 13h15 Asthanga Maria Luisa	12h30 Reformer josé	12h30 Reformer josé
	13h Reformer josé		12h30 Mat 1 Delphine	12h30 Vinyasa Alexia "septembre"
17h Reformer 1 josé	18h Mat 1 josé			
19h Mat 2 josé	19h-20h30 Vinyasa Alexia	19h Reformer 2 josé		17h30 Reformer josé

!Cours collectifs 8 places disponibles!

 Yoga

 Pilates

Massage et Reiki

Vendredi et Samedi