

Cours Collectif - Reformer - Chair & Barrel - Mat Class - Yoga - Gyrokinesis- Zumba -Xtend Barre

Heure	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	Heure
8:00				Xtend Barre				8:00
9:00	Wunda Chair I/II	Pilates Mat III	Pilates Mat Intro	Pilates Mat III	Pilates Mat I			9:00
	Reformer I/II	Xtend Barre			Reformer II			
	Pilates Mat II / III	Reformer II						
10:00	Pilates Mat I		Enfants 4-6 ans reservation **Sur	Gyrokinesis	Floorballet I			10:00
	Reformer I			Wunda Chair I		Vinyasa Yoga I/II 1.5h - 10:30-12:00		
11:00			Enfants 6-8 ans Sur Reservation		Pilates Mat Intro	Pilates Mat I / II	Reformer I	11:00
12:00	Pilates Mat II	Floorballet II	Reformer I/II	Pilates Mat Dos Sensible	Pilates Mat I / II	PilatesMat III	Gyrokinesis	12:00
	Xtend Barre	Wunda Chair I	Pilates Mat II	Xtend Barre	Wunda Chair II	Wunda Chair I / II		
			Enfants 8-11 ans					
13:00	Pilates Mat Intro	Pilates Mat I	Reformer II	Cardio Reformer II	Reformer I	Reformer II	Vinyasa Yoga 13:00-14:30	13:00
	Reformer I	Cardio Reformer II			Xtend Barre	Xtend Barre		
	Vinyasa Yoga I (1h30) 13h15 - 14h45							
14:00						Pilates Mat intro	Pilates Mat I	14:00
						Reformer I	Xtend Barre 14:30	
15:00		Open Circuit (1hr15)		Open Circuit (1hr15)		Zumba		15:00
16:00						Pilates Ball I		16:00
17:00			Zumbatomic - ado	17:30 Yoga Enfants 7 -9 ans Sur Reservation				17:00
18:00		Anusara Yoga II (1h30)						18:00
19:00	Pilates Mat I	18:00-19:30	Pilates Mat III	Pilates Mat Intro				19:00
	Xtend Barre	Pilates Mat Intro	Xtend Barre	Floorballet				
		Reformer II	Reformer I					
		Anusara Yoga I (1h30) 19:30-21:00						
20:00	Zumba	Gyrokinesis	Pilates/Yoga Fusion II	Reformer I				20:00
		Reformer III		Vinyasa Yoga I/II (1hr30)				