



8 septembre au 14 décembre 2018 | Sept 8th to Dec 14th 2018

LUN / MON	MAR / TUES	MER / WED	JEU / THU	VEN / FRI	SAM / SAT	DIM / SUN
Tonus 55+ <i>(Extérieur : Sept-Oct)</i> 9.45am	Yoga thérapeutique 9.45am	Circuit Tonus 55+ 9.45am	Equilibrium stretching 9.45am	Yoga flow yin 9.30am	Yoga flow 8.30am	Yoga flow yin 8.30am
	Yoga maman-bébé 10.00am <i>(sur inscription)</i>	Zumba maman-bébé 10.00am <i>(sur inscription)</i>	Pilates, yoga et mobilité postnatal 10.00am <i>(sur inscription)</i>	Pilates intermédiaire 9.45am	Flow Yin Yoga 8.45am	Qigong 8.45am – 9.45am <i>(inscription)</i> Du 16 sept au 2 déc.
Stretching 55+ 11.00am	Equilibrium tonus 11.00am	Stretching 55+ 11.00am	Yoga hatha douceur 11.00am	Pilates postnatal 10.45am <i>(sur inscription)</i>	Dance fit 9.45am	Taichi – Section 1 10.00am – 11.00am <i>(inscription)</i> Du 16 sept au 2 déc
Yoga Flow 12.10pm	Yoga flow yin 12.10pm	Yoga Flexibilité-mobilité 12.10pm	Méditation 12.10pm	Pilates débutant 12.10pm	Posture et renforcement 10.00am	
	Yin yoga 4.15pm	Power yoga 4.15pm			Yin yoga 11.00am	
Dance fit 5.30pm	Posture, renforcement musculaire 5.30pm	Yoga flow yin 5.15pm	Yoga Flexibilité-mobilité 5.30pm	Mobilité & auto-massage 5.00pm	Hot Yoga (français) 11.15am	
Hot yoga (français) 5.30pm	Pound 5.45pm	Hot yoga (français) 5.30pm	Yoga inspiration Iyengar 5.30pm	Yoga flow mi-chaud 5.30pm	<i>Ateliers et événements privés À partir de 1.00pm</i>	Zumba 4.15pm
Power yoga 6.45pm	Yoga Flow 6.45pm	Cardio fitness 6.30pm	Yoga flow (english) 6.45pm	Yin yoga 6.15pm	Yoga famille 12.30pm 4-7 ans : 22 septembre 6 octobre Autres dates à venir	Méditation 5.30pm
Yin mi-chaud 7.00pm	Hot Yoga 7.00pm	Yoga flow mi-chaud 6.45pm	Hot yoga 7.00pm	<i>Ateliers et événements privés À partir de 7.30pm</i>		Yoga flow 6.45pm
Yoga hatha douceur 8.00pm	Yoga restaurateur 8.00pm	Power yoga 8.00pm	Yoga thérapeutique 8.00pm			Flow-yin mi-chaud 6.45pm
Yoga flow mi-chaud 8.15pm	Flow-yin mi-chaud 8.15pm	Yin Mi-chaud 8.15pm	Yin mi-chaud 8.15pm	 Studio Vie Active		Yin mi-chaud 8.00pm