



|            | Lundi                             | Mardi                             | Mercredi                             | Jeudi                           | Vendredi                     | Samedi  |
|------------|-----------------------------------|-----------------------------------|--------------------------------------|---------------------------------|------------------------------|---|
| Matin      | 9h30<br>Pilates                   | 9h30<br>Méditation                | 9h30 - 18h30                         | 9h30<br>Pilates                 | 9h30<br>Yoga<br>Vinyasa Flow | 10h<br>Stretching<br>Relaxation   |
|            | 11h<br>Pilates                    | 11h<br>Hatha Yoga                 |                                      | 11h<br>Stretching<br>relaxation | 11h<br>Pilates               | 11h15<br>Pilates  |
| Midi       | 12h30<br>Hatha Yoga               | 12h30<br>Pilates                  | Journée<br>dédiée<br>aux<br>massages | 12h30<br>Gym Ball               | 12h30<br>Pilates             | Ateliers<br>ouverts<br>à tous :<br>Feldenkrais,<br>Gi-gong,<br>Gestion du<br>Stress,<br>Nutrition,<br>... |
| Après-midi |                                   | 14h30<br>Stretching<br>Relaxation |                                      | 14h30<br>Pilates                |                              |   |
| Soir       | 17h30<br>Stretching<br>Relaxation | 17h30<br>Stretching<br>Relaxation |                                      | 17h30<br>Pilates                | 17h15<br>Yin Yoga            |   |
|            | 18h30<br>Pilates                  | 18h45<br>Yoga<br>Vinyasa Flow     | 19h<br>Pilates                       | 18h30<br>Pilates                |                              |   |
|            | 19h45<br>Stretching<br>Relaxation | 20h<br>Yin Yoga                   |                                      |                                 |                              |   |