

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			9H15 YOGA SENIOR – YOURTE	9H45 REFORMER SÉNIOR	9H00 SI* PILATES REFORMER	9H00 SI* PILATES REFORMER
	10H00 PILATES SÉNIOR		10H30 PILATES SÉNIOR		10H15 SI* PILATES REFORMER	10H00 SP* PILATES SOL – YOURTE
11H00 PILATES REFORMER		11H00 PILATES REFORMER	12h15 TRX	11H00 PILATES SOL – YOURTE	10h45 TRX	10H15 SI* PILATES REFORMER
				12H15 PILATES REFORMER	11H30 PILATES REFORMER	11H15 SP* PILATES REFORMER
14H30 GYM SPORT SANTÉ						11H30 SI* PILATES REFORMER
17H30 & 18H45 PILATES & TRX		18H00 PILATES SOL – ÉCURIES				
17H15 PILATES REFORMER		18H15 YOGA VINYASA – YOURTE	17H30 SI* PILATES REFORMER	17H00 SI* PILATES REFORMER		
18H30 PILATES REFORMER	18H00 PILATES REFORMER	19H15 PILATES REFORMER	19H00 PILATES REFORMER	18H15 SI* PILATES REFORMER		
	19H15 PILATES REFORMER	19H30 YOGA HATHA – YOURTE	18H45 TRX			

CAPACITÉ REFORMER = 6 PERSONNES
CAPACITÉ SOL & YOGA = 10 PERSONNES

SI* = SEMAINE IMPAIRE SP* = SEMAINE PAIRE