

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7.30 8.30	YOGA vinyasa Niveau1 		REVEIL MALIN YOGA (30min gratuit aux adherents) 			
8.45 9.45						
9.00 10.00	PILATES Niveau1 		YOGA vinyasa Niveau 1/2 		BIKE 	REVEIL MALIN YOGA (30min gratuit aux adherents) 
10.00 11.00		BODY TRAINING				BIKE 
10.15 11.15					PILATES Niveau1 	
11.30 12.30						YOGALATES
12.15 13.15	BODY TRAINING	PILATES Niveau 1/2 	BIKE	 	YOGA vinyasa Niveau 1/2 	
17.30 18.30		BIKE 	PILATES 	YOGA vinyasa Niveau 2 	BODY TRAINING	
19.00 20.00	YOGA vinyasa Niveau2 	YOGA vinyasa Niveau 1 		BIKE 		

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