

# Calendrier

2022 / 2023

|             | Lundi | Mardi    | Mercredi                   | Jeudi       | Vendredi                 | Samedi   | dimanche |
|-------------|-------|----------|----------------------------|-------------|--------------------------|--|----------|
| 09h-10h     |       |          |                            |             | Pilates                  | 09h30-10h30<br>Yin yoga<br>-<br>Yoga du rire 1<br>samedi par<br>mois |          |
| 10h-11h     |       |          | Happy kids<br>-<br>Pilates |             |                          |  |          |
| 11h15-12h15 |       |          |                            |             | Gym douce                |  |          |
| 12h-13h     |       |          |                            | Hatha yoga  |                          |  |          |
| 14h30-15h30 |       |          |                            |             | Bien-être &<br>maternité |  |          |
| 16h-17h     |       |          |                            |             |                          |  |          |
| 17h-18h     |       |          |                            |             |                          |  |          |
| 18h-19h     |       | Yin yoga |                            |             |                          |  |          |
| 18h30-19h30 |       |          | Hatha yoga                 | Sophrologie |                          |  |          |