

| LUN                                                      | MAR                                      | MER                                                | JEU                                                        | VEN                                                                 | SAM                                                                                      | DIM |
|----------------------------------------------------------|------------------------------------------|----------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----|
| 9:00 - 10:00<br>QIGONG BATON<br>Co                       |                                          | 9:00 - 10:00<br>QIGONG CLASSIQUE<br>Co             | 9:00- 10:00<br>YOGA DOUX<br>Nathalie                       | 9:00 - 10:00<br>PILATES<br>Stephen                                  |                                                                                          |     |
| 10:15 - 11:15<br>QIGONG TAOÏSTE<br>Co                    |                                          | 10:15 - 11:15<br>QIGONG TIBETAIN<br>Co             | 10:15- 11:15<br>YOGA PRANAYAMA<br>& MEDITATION<br>Nathalie | 2 FOIS /MOIS<br>10:30 - 12:00<br>YOGA ET BAIN<br>SONORE<br>Marielle |                                                                                          |     |
| 11:30 - 12:30<br>QIGONG CALME<br>& DU RÊVE ÉVEILLÉ<br>Co |                                          | 11:30 - 12:30<br>QIGONG<br>CALME & MÉDITATIF<br>Co |                                                            |                                                                     |                                                                                          |     |
|                                                          | 11:00 - 12:00<br>DO IN<br>Amanda         |                                                    |                                                            |                                                                     | ATELIERS<br>BIMESTRIELS<br>15:00 - 17:30<br>ACCUEILLIR<br>&<br>LIBERER<br>Denise/Corinne |     |
|                                                          | 14:30 - 15:30<br>YOGA PILATES<br>Marion  |                                                    | 15:30 - 16:30<br>YOGA SENIORS<br>EN CHAISE<br>Denise       |                                                                     |                                                                                          |     |
|                                                          | 15:45-16:45<br>STRETCHING YOGA<br>Marion | 16:00- 17:00<br>HATHA YOGA<br>Corinne              |                                                            |                                                                     |                                                                                          |     |
|                                                          | 18:15 - 19:15<br>YOGA VINYASA<br>Marion  |                                                    | 18:30 - 19:30<br>HATHA YOGA<br>Nathalie                    |                                                                     |                                                                                          |     |
|                                                          | 19:30 - 20:30<br>YIN YOGA<br>Marion      |                                                    |                                                            |                                                                     |                                                                                          |     |

