

Heure	Lundi	Mardi	Merc	Jeudi	Vend	Sam.
7h		Pilates/Dan B				
8h45					Pilates/Grace	
9h				Pilates/DanB		Pilates/Odette 4 sem. Yoga Ashtanga Daniel
9h30	Stretch/Grace			PiStr/Mary 4 sem		
10h	Pilates/Dan B.	Yoga/Mary 4 sem	Pilates/Dan C.		PiStr/Mary 4 sem	
11h		60ans+/Dan C 4 sem				
16h45			PiStre/Sophie			
17h	Stretch/Grace	Yoga/Sophie Pilates/Odette 4 sem				
17h15		Pilates/Grace 4 sem				
18h				Yoga/Shawn11/2		
19h	Pilates/Dan C 4 sem					
19h	Yoga/Sophie	Pilates/Sophie				
19h15			Yogamix/Sophie			
20h10	Pilates/Dan C					

