

## PLANNING DES COURS STUDIO HARMONIE - GRANDE SALLE

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9H00		<b>9H30 ROSE PILATES</b> Team Training Eric	<b>YOGA PRE NATAL 1h</b> Cours collectif Béry	<b>AUTO SHIATSU 1h30</b> FONDA Cours collectif Christian		<b>QI GONG 1h</b> Cours Collectif Bernard
10H15	<b>PILATES Initiés</b> Team Training Stéphanie	<b>10H30 PILATES POSTURE ET DOS</b> Team Training Eric	<b>YOGA HATHA 1h</b> Cours collectif Béry			<b>PILATES Initiés 1h</b> Team Training Stéphanie
11H15	<b>PILATES Intro</b> Team Training Stéphanie	<b>SOPHROLOGIE 1h (11h30)</b> Cours collectif Céline				
12H15			<b>YOGA HATHA</b> Team Training Caroline		<b>PILATES C.A.F</b> Team Training Eric	
16H00					<b>MARCHE NORDIQUE 1h30</b> Gilbert	
17H00		<b>POWER YOGA</b> Cours collectif Mouna	<b>PILATES POSTURE ET DOS</b> Team Training Eric		<b>YOGA HATHA 1h</b> Cours collectif Marie	
18H15	<b>PILATES Confirmés</b> Team Training Eric	<b>POWER YOGA</b> Cours collectif Mouna	<b>PILATES Confirmés</b> Team Training Eric	<b>NEW GARUDA Fonda</b> Team Training Eric		
19H30	<b>PILATES Initiés</b> Team Training Stéphanie	<b>YOGA Aérien</b> Team Training Caroline	<b>PILATES Avancés</b> Team Training Eric	<b>PILATES Initiés</b> Team Training Eric		
20H30	<b>PILATES Initiés</b> Team Training Stéphanie		<b>QI GONG</b> Cours collectif Bernard	<b>POWER PILATES Circuit Training</b> Team Training Eric		

Pilates

Yoga

Qi Gong

Sophrologie

Do In

Garuda