

PLANNING DES COURS STUDIO HARMONIE - GRANDE SALLE

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00		9H30 ROSE PILATES Team Training Eric	YOGA PRE NATAL 1h Cours collectif Béry			QI GONG 1h Cours Collectif Bernard
10H15	PILATES Initiés Team Training Stéphanie	10H30 PILATES POSTURE ET DOS Team Training Eric	YOGA HATHA 1h Cours collectif Béry			PILATES Initiés 1h Team Training Stéphanie
11H15						
12H15	PILATES Intro Team Training Stéphanie					
16H00					MARCHE NORDIQUE 1h30 Gilbert	
17H00			PILATES POSTURE ET DOS Team Training Eric		YOGA HATHA 1h Cours collectif Marie	
18H15	PILATES Confirmés Team Training Eric	YOGA DYNAMIQUE Cours collectif Caroline	PILATES Confirmés Team Training Eric	NEW GARUDA Fonda Team Training Eric		
19H30	PILATES Initiés Team Training Stéphanie	YOGA Aérien Team Training Caroline	PILATES Avancés Team Training Eric	PILATES Initiés Team Training Eric		
20H30	PILATES Initiés Team Training Stéphanie			POWER PILATES Team Training Eric		

 Pilates

 Yoga

 Qi Gong

 Sophrologie

 Do In

 Garuda