

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			07:30 - 08:30 WARRIOR YOGA Elise Bulcke		9:30 - 10:30 PILATES Perrine Pottier	9:45 - 10:45 PILATES Amandine B/ Quentin H
9:45 - 11:00 YOGA VINYASA Elise Bulcke	9:45 - 10:45 MUNZ FLOOR® Jean-Michel Lapiere	10:00 - 11:00 YOGA THERAPEUTIQUE Lan Phan	10:00 - 11:00 PILATES Louisa Bouchelaghem	10:00 - 11:00 PILATES STRETCHING Yarden Leinman	9:30 - 10:30 HATHA & PRANAYAMA Eva Castrogiovanni	9:45 - 10:45 YOGA VINYASA Elodie Van Den Hende
9:45 - 11:00 YOGA DU DOS Aglæ Dehondt	11:00 - 12:00 PILATES STRETCHING Yarden Leinman	11:15 - 12:15 KIDS YOGA 5-10 ans * Céline Duchesne	10:00 - 11:15 HATHA YOGA Agathe Cordier	11:00 - 12:00 SOPHROLOGIE Alix Ibled	10:45 - 11:45 PILATES STRETCHING Perrine Pottier	11:00 - 12:00 PILATES SWISS BALL Amandine B / Quentin H
11:15 - 12:15 PILATES Elise Bulcke	11:15 - 12:15 HATHA YOGA Lan Phan	11:15 - 12:15 PILATES STRETCHING Louisa Bouchelaghem	11:15 - 12:15 PILATES STRETCHING Louisa Bouchelaghem	11:15 - 12:25 HATHA YOGA Perrine Pottier	10:45 - 12:15 ASHTANGA YOGA Eva Castrogiovanni	11:00 - 12:15 INSIDE FLOW Sabrina Cornet
			11:15 - 12:15 YOGA DU DOS Agathe Cordier			
12:30 - 13:30 YOGA VINYASA Elodie Van Den Hende	12:30 - 13:30 ASHTANGA MIX YOGA Yarden Leinman	12:30 - 13:30 PILATES Louisa Bouchelaghem	12:30 - 13:30 YOGA VINYASA Agathe Cordier	12:30 - 13:30 INSIDE FLOW Sabrina Cornet		
12:30 - 13:30 PILATES ACCESSOIRES Elise Bulcke	12:30 - 13:30 PILATES Jean-Michel Lapiere	12:30 - 13:30 HATHA YOGA Céline Duchesne	12:30 - 13:30 PILATES Louisa Bouchelaghem	12:30 - 13:30 PILATES Perrine Pottier		
16:00 - 17:00 MUNZ FLOOR® Jean-Michel Lapiere						
18:15 - 19:15 YOGA VINYASA Céline Antonov	18:15 - 19:25 HATHA YOGA Gwenaëlle Joubert	18:15 - 19:30 YIN ET RELAXATION SONORE Céline Duchesne	18:00 - 19:00 HATHA YOGA Céline Antonov Zafirov	17:30 - 18:30 YOGA VINYASA Agathe Cordier		17:30 - 18:45 YIN YOGA Charlotte Boutemy
18:15 - 19:15 PILATES Madi Farahbakhsh	18:15 - 19:15 PILATES Julie Delmotte	18:30 - 19:30 PILATES BALL & accessoires Sigrid Russel	18:00 - 19:00 PILATES Olivier Bartlinski	18:30 - 19:45 HATHA YOGA Agathe Cordier		19:00 - 20:15 YIN YOGA CANDLE LIGHT Charlotte Boutemy
19:30 - 20:45 YIN YOGA CANDLE LIGHT Charlotte Boutemy	19:30 - 20:30 YIN YOGA Gwenaëlle Joubert	19:45 - 20:45 PILATES Sigrid Russel	19:00 - 20:15 YOGA VINYASA Céline Antonov Zafirov	18:30 - 19:45 YIN YOGA CANDLE LIGHT Alexandra Samodiva		
19:30 - 20:30 PILATES Madi Farahbakhsh	19:30 - 20:30 PILATES Julie Delmotte	19:45 - 21:00 HATHA POSTURAL Céline Duchesne	19:15 - 20:30 HATHA YOGA Olivier Bartlinski			

Planning valable à partir du 05 janvier

* tarif spécial enfants



Dynamique



Doux



Relaxation

holi
www.holi.yoga