



**ió**  
sport • bien-être

faites du bien  
à votre corps  
il vous le rendra !

# SEPT23 sessions

		durée
<b>lundi</b>		
11:30	<b>pilates basic</b>	§ 45'
12:15	<b>ió_cycle</b>	§ 45'
12:30	<b>barre au sol</b>	60'
12:30	<b>vinayasa flow</b>	60'
18:15	<b>ió_cycle</b>	§ 45'
18:15	<b>training suspensión</b>	§ 45'
18:15	<b>pilates circuit</b>	45'
19:15	<b>stretch &amp; balance</b>	§ 60'
19:15	<b>ió_cycle</b>	§ 45'
19:15	<b>yoga vinyasa*</b>	90'
<b>mardi</b>		
8:00	<b>yoga flow</b>	60'
8:00	<b>morning cycle</b>	§ 45'
10:00	<b>pilates suspensión</b>	§ 45'
11:00	<b>training full body</b>	§ 45'
12:15	<b>garuda® barre !</b>	60'
12:15	<b>ió_cycle</b>	§ 45'
13:15	<b>training toyboard</b>	§ 45'
18:00	<b>yoga &amp; pilates Garuda®</b>	60'
18:15	<b>ió_ballet</b>	60'
18:15	<b>ió_cycle</b>	§ 45'
19:00	<b>yoga cloud (initiation)</b>	60'
19:15	<b>let's fit !</b>	§ 45'
20:00	<b>garuda add'on</b>	60'
20:00	<b>afro jazz</b>	60'
<b>mercredi</b>		
11:30	<b>animal flow</b>	§ 45'
11:30	<b>training pur stretch</b>	§ 45'
12:15	<b>training pur abs</b>	§ 45'
12:15	<b>ió_cycle</b>	§ 45'
12:30	<b>pilates répertoire</b>	60'
13:00	<b>training full body</b>	§ 45'
17:30	<b>bungee* (initiation)</b>	§ 45'
18:15	<b>bungee*</b>	§ 60'
18:15	<b>ió_cycle</b>	§ 45'
18:15	<b>barre au sol</b>	60'
19:30	<b>pilates fitball</b>	45'
19:30	<b>ió_cycle</b>	§ 45'
19:30	<b>yoga vinyasa</b>	60'
<b>jeudi</b>		
8:00	<b>vinyasa fusión Pilates</b>	60'
8:30	<b>morning cycle</b>	§ 45'
9:30	<b>training full body</b>	§ 45'
11:00	<b>bungee* (initiation)</b>	§ 45'
12:15	<b>ió_cycle</b>	§ 45'
12:15	<b>yoga iyengar</b>	§ 75'
12:15	<b>pilates add'on</b>	45'
13:15	<b>training silhouette+ (caf)</b>	§ 45'
18:00	<b>yoga cloud (niveau 1)</b>	60'
18:15	<b>garuda® barre !</b>	60'
18:15	<b>ió_cycle</b>	§ 45'
19:00	<b>yoga &amp; pilates Garuda®</b>	60'
19:15	<b>shadow boxing</b>	§ 60'
20:00	<b>yoga cloud restorative</b>	60'
<b>vendredi</b>		
9:30	<b>yoga hatha flow</b>	60'
10:00	<b>stretch inspiration</b>	60'
11:15	<b>bungee danse*</b>	§ 45'
11:30	<b>pilates &amp; toyboard</b>	45'
12:15	<b>ió_cycle</b>	§ 45'
12:15	<b>training suspensión</b>	§ 45'
12:30	<b>pilates flow</b>	45'
13:15	<b>training full body</b>	§ 45'
18:00	<b>let's dance</b>	75'
18:00	<b>yoga power</b>	60'
18:15	<b>ió_cycle</b>	§ 45'
19:00	<b>pilates cloud</b>	60'
19:15	<b>yoga yin</b>	60'
<b>samedi</b>		
9:15	<b>pilates basic</b>	§ 45'
10:00	<b>classical barre</b>	60'
10:15	<b>ió_cycle</b>	45'
10:30	<b>yoga cloud (initiation)</b>	60'
11:15	<b>training suspension</b>	§ 45'
11:30	<b>yoga vinyasa*</b>	90'
12:00	<b>shadow boxing</b>	§ 60'
	<b>/ pilates athletic (alternance)</b>	45'
<b>dimanche</b>		
10:00	<b>training sunday</b>	§ 45'
11:00	<b>stretch dynamic</b>	§ 45'
	<b>/ ió_cycle (alternance)</b>	§ 45'
18:30	<b>yoga sunday</b>	60'

§ cours accessible avec le pass'sport

\* 1,5 session

## 16 Pilates sur machines

en TRIÓ (1h, tarif : 2 sessions)

**Lundi** > 10:30 / 12:30 / 13:30 / 18:15 / 19:30

**Mardi** > 11:30 / 12:30 / 17:30 / 18:30

**Mercredi** > 14:00

**Jeudi** > 11:00 / 18:15 / 19:30

**Vendredi** > 9:30 / 11:30 / 12:30