



ió
sport • bien-être

faites du bien
à votre corps
il vous le rendra !

DÉC 21 sessions

lundi

11:30	pilates basic	§ 45'
12:15	barre au sol	60'
12:15	ió_cycle	§ 45'
12:30	vinayasa flow	60'
18:15	training suspensión	§ 45'
18:15	pilates circuit	45'
19:00	bungee*	§ 60'
19:00	stretch & balance	§ 60'
19:15	ió_cycle (hiit)	§ 45'
20:00	yoga vinyasa	60'

mardi

9:30	yoga hatha flow	60'
12:15	barre & more !	45'
12:15	ió_cycle	§ 30'
13:15	training full body	§ 45'
13:00	yoga de la femme	60'
18:00	yoga & pilates Garuda®	60'
18:15	ió_ballet	60'
18:15	ió_cycle	§ 45'
19:00	yoga cloud (initiation/niv. 1)	60'
19:15	piloxing	§ 45'
20:00	yoga cloud asanas	60'

mercredi

12:30	yoga yin yang	60'
12:15	training circuit	§ 45'
18:15	barre au sol	60'
18:15	bungee*	§ 60'
19:30	pilates flow	45'
19:30	yoga cloud (initiation/niv. 1)	60'
19:30	ió_cycle	§ 45'

jeudi

11:30	pilates & stretch	45'
12:15	ió_cycle	§ 45'
12:15	yoga cloud (initiation/niv. 1)	60'
12:15	fitball	45'
18:00	yoga cloud (initiation/niv. 1)	60'
18:15	training legs & abs	§ 45'
19:00	yoga & pilates Garuda®	60'
19:00	ió_cycle	§ 45'
19:00	shadow boxing	§ 45'
20:00	yoga cloud restorative	60'

vendredi

10:00	pilates & toyboard	60'
12:15	training suspensión	§ 45'
12:30	pilates add'on	45'
13:00	gym douce	60'
18:00	yoga vinyasa	60'
18:15	ió_cycle	§ 45'
18:15	let's dance	60'
19:15	yoga yin	60'

samedi

9:15	pilates basic	§ 45'
10:00	fitball	45'
10:15	yoga cloud (initiation/niv. 1)	45'
10:15	ió_cycle	§ 45'
11:00	training suspension	§ 45'
11:30	yoga vinyasa*	90'

dimanche (consultez le planning)

10:00	sophrologie (12)	60'
10:00	training sunday	§ 45'
11:00	stretch dynamic	§ 45'
18:00	yoga sunday	60'

§ cours accessibles avec le **pass'sport** §

* 3 unités (1,5 sesión)