



ió
sport·bien-être

faites du bien
à votre corps
il vous le rendra !

PAR DISCIPLINES

horaires susceptibles de modifications en fonction du mois

• YOGA

lundi		
12:30	vinayasa flow	60'
19:15	yoga vinyasa*	90'
mardi		
9:30	yoga iyengar	75'
11:30	yoga hatha flow	60'
18:00	yoga & pilates Garuda®	60'
19:00	yoga cloud (initiation)	60'
19:00	yoga cloud (niv. 1)	60'
mercredi		
8:00	vinyasa fusión pilates	60'
11:30	vinayasa flow	60'
19:30	yoga vinyasa	60'
jeudi		
12:15	yoga cloud (initiation)	60'
18:00	yoga cloud (niv. 1)	60'
19:00	yoga & pilates Garuda®	60'
20:00	yoga cloud restorative	60'
vendredi		
9:30	yoga hatha flow	60'
18:15	yoga vinyasa	60'
19:15	yoga yin	60'
samedi		
10:15	yoga cloud (initiation)	60'
11:30	yoga vinyasa*	90'
dimanche		
18:00	yoga sunday	60'

• PILATES / DANSE

lundi		
11:30	pilates basic	§ 45'
12:15	barre au sol	60'
13:30	fitball	60'
18:15	pilates circuit	30'
19:00	stretch & balance	§ 60'
mardi		
12:15	barre & more !	45'
18:15	ió_ballet	60'
20:00	afro·jazz	60'
mercredi		
11:30	stretch pur	60'
12:30	pilates répertoire	60'
18:15	barre au sol	60'
19:30	fitball	45'
jeudi		
9:30	pilates & stretch	60'
12:15	pilates add'on	45'
18:15	barre & more !	45'
vendredi		
11:30	pilates & toyboard	§ 60'
12:30	pilates flow	45'
18:15	let's dance	60'
samedi		
9:15	bungee danse*	§ 60'
9:15	pilates basic	§ 45'
12:15	classical barre	45'

• TRAININGS

lundi		
11:30	bungee (initiation)*	§ 45'
12:15	ió_cycle	§ 45'
18:15	training suspension	§ 45'
19:15	ió_cycle	§ 45'
mardi		
9:30	animal flow	§ 60'
12:15	ió_cycle	§ 30'
13:15	training toyboard	§ 45'
18:15	ió_cycle	§ 45'
19:15	let's fit !	§ 45'
mercredi		
12:15	training pur abs	§ 30'
12:45	training hitt	§ 30'
17:30	bungee (initiation)*	§ 45'
18:15	bungee*	§ 60'
18:15	ió_cycle	§ 45'
19:30	ió_cycle	§ 45'
jeudi		
9:30	training full body	§ 45'
12:15	ió_cycle	§ 45'
13:15	let's fit !	§ 45'
18:15	ió_cycle	§ 45'
19:15	shadow boxing	§ 45'
vendredi		
12:15	training suspension	§ 45'
13:15	training full body	§ 45'
18:15	ió_cycle	§ 45'
19:15	animal flow	§ 60'
samedi		
10:00	ió_cycle	§ 45'
11:15	training suspension	§ 45'
12:00	shadow boxing	§ 45'
12:15	ió_cycle	§ 45'
dimanche		
10:00	training sunday	§ 45'
11:00	stretch dynamic	§ 45'

§ cours accessible avec le pass'sport

* 1,5 session