

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		9h30-10h45 Yoga Claude 11h30-12h30 Sophrologie Sarah	9h-10h15 Yoga Claude 10h30-11h45 Yoga Claude		
	18h-19h Yoga du rire** Sarah 19h-20h Sophro Mouv Séverine	14h30-15h30 Sophro-Sport Pascale 19h-20h FlowNergy®** Stéphanie	19h-20h Yoga & Mantras Delphine	18h-19h Yoga du rire** Sarah 19h15-20h15 Méditation & Relaxation** Séverine	