

|       | Lundi          | Mardi         | Mercredi | Jeudi          | Vendredi       |
|-------|----------------|---------------|----------|----------------|----------------|
| 10:00 |                |               |          | YOGA VINYASA   |                |
| 10:15 |                |               |          | 10:00 - 10:45  |                |
| 10:30 |                |               |          |                |                |
| 10:45 |                |               |          |                |                |
| 11:00 | PILATES MAT1&2 | SUNYATA       |          | CORE SYNERGY   |                |
| 11:15 | 11:00 - 12:00  | 11:00 - 12:00 |          | 11:00 - 11:45  |                |
| 11:30 |                |               |          |                |                |
| 11:45 |                |               |          |                |                |
| 12:00 |                |               |          |                |                |
| 12:15 |                |               |          |                |                |
| 12:30 | PILATES MAT1&2 | CORE SYNERGY  |          | PILATES MAT1&2 |                |
| 12:45 | 12:30 - 13:30  | 12:30 - 13:15 |          | 12:30 - 13:30  |                |
| 13:00 |                |               |          |                |                |
| 13:15 |                |               |          |                |                |
| 17:45 |                |               |          |                | PILATES MAT1&2 |
| 18:00 |                |               |          |                | 17:45 - 18:30  |
| 18:15 |                |               |          | CORE SYNERGY   |                |
| 18:30 |                |               |          | 18:15 - 19:00  |                |
| 18:45 |                | YOGA VINYASA  |          |                | SUNYATA        |
| 19:00 |                | 18:45 - 19:45 |          |                | 18:45 - 19:45  |
| 19:15 |                |               |          | RIDE ON        |                |
| 19:30 |                |               |          | 19:15 - 20:00  |                |
| 19:45 |                |               |          |                |                |

Ouverture du studio 15 minutes avant le début du 1<sup>er</sup> cours

INFORMATION ET RESERVATION : au 06.63.18.44.62 ou sur [qiasana-studio.fr](http://qiasana-studio.fr)