



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8H	Hatha Yoga					
9H	Yoga Prénatal	Yoga Vinyasa	Pilates			Pilates Kids-Friendly
9H30				Body Sculpt	Pilates	
10H			Créa Family*			Circuit-training
10H30					Yoga Vinyasa	
11H		Pilates Seniors & Périnatal	Afro Family			Yoga Family
12H30	Fit' Dance	12h15 House Dance	Handstand	Yoga Vinyasa	Circuit-training	
13H15		90's Dance Party				
15H30			Fun Fit' Family			
16H30			Dessin Kids*			Yoga Kids
17H30	Préparation Mentale*	Danses urbaines Kids	Danse Intuitive	Yoga Kids		
18H30	Impro Boost	Yin Yoga	Pause Dessin*	Maculelê	Dancehall	
19H30	Yoga Vinyasa & Bain Sonore	HypnoTwist* Pause Ecriture*	Voyage sonore* Body Sculpt	Pilates	Afro Dance	
20H30		Danses Urbaines				

*1 semaine sur 2

ADULTES . KIDS (4-12 ANS) . FAMILY (DE 3 À 103 ANS)

www.lemontwist.club
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