



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

|       |                      |                |                            |              |              |                         |
|-------|----------------------|----------------|----------------------------|--------------|--------------|-------------------------|
| 8H    | Hatha Yoga           |                | Pilates                    | Lemon Fit    | Running      |                         |
| 9H    | Yoga Prénatal        | Yoga Vinyasa   | Fit Kids 8-12 ans          |              |              | Lemon Fit Kids-Friendly |
| 10H   |                      |                | Créa Family 3-7 ans*       |              | Yoga Vinyasa | Lemon Fit               |
|       |                      |                | Afro Dance Family 3-7 ans* |              |              |                         |
| 11H   |                      |                | Créa Kids 5-12 ans*        |              |              |                         |
|       |                      |                | Afro Dance Kids 5-12 ans*  |              |              |                         |
| 11H30 | Disco du midi        |                |                            |              |              | ContaKids 18m-5 ans     |
| 12H30 | Fit Dance            | House Dance    | Handstand                  | Yoga Vinyasa | Lemon Fit    |                         |
| 14H30 |                      | Fitness Adapté |                            |              |              |                         |
| 15H30 |                      |                | Family Fit 6-12 ans        |              |              |                         |
| 16H30 |                      |                | Kids en mouvement 3-6 ans  |              |              |                         |
| 17H30 | ContaKids 4-8 ans*   | Lemon Fit      | Méditation dansée          |              |              |                         |
|       | Préparation Mentale* |                |                            |              |              |                         |
| 18H30 | Impro Corps & Voix   | Yin Yoga       | Pause Dessin*              | Maculelê     | Dancehall    |                         |
|       |                      |                | Voyage sonore*             |              |              |                         |
| 19H30 | Yoga Vinyasa         | HypnoTwist*    |                            | Pilates      | Afro Dance   |                         |
| 20H30 |                      | Street Dance*  |                            |              |              |                         |

\*Cours alternés 1 semaine sur 2

- Activités Adultes
- Activités Duo Adulte/Enfant
- Activités Enfants