

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin					8h30 - 50' Morning Yoga Hortense	ATELIER WORKSHOP
	10h30 - 50' Soft Pilates Élodie	10h00 - 45' Soft Mix Élodie		10h30 - 50' Yogalates santé Élodie	10h - 60' Yoga Pré et Post partum Léna	
Midi	11h30 - 50' Pilates Reformer Maëlle					
	12h15 - 45' Pilates flow Élodie	12h15 - 45' Power Mix Élodie		12h15 - 45' Yogalates Élodie	12h15 - 60' Yoga Ashtanga Camille	12h30 - 50' Pilates Reformer Maëlle
	12h30 - 50' Pilates Reformer Maëlle	12h30 - 60' Yoga Vinyasa Cécile		12h30 - 50' Power Reformer Maëlle		
Soir	13h05 - 50' Vinyasa Fire Flow Léna					
	17h - 50' Pilates flow Elodie	17h30 - 50' F & S Maëlle				
	18h00 - 50' Yogalates Élodie	18h - 50' Power Reformer Maëlle	18h15 - 60' Power Vinyasa Alexandra	18h30 - 50' Pilates Reformer Maëlle	18h - 50' Pilates Reformer Maëlle	
	19h - 50' Power Mix Maëlle	19h00 - 60' Yoga Hatha-Vinyasa Nicolas		18h15 - 50' Pilates flow Élodie		
	19h15 - 50' Vinyasa Fire Flow Léna			19h15 - 60' Yoga Ashtanga Camille		
						Réservation & infos kingkongclubchambery.fr