

		Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin					8h45- 60' Yoga Vinyasa Anaïs		ATELIER WORKSHOP
		10h00- 50' Yogalates Santé Élodie			10h - 50' Yogalates santé Élodie		
		11h15 - 50' Soft Pilates Élodie	11h30 - 50' Pilates Reformer Maëlle		11h15 - 50' Vinyasa Flre Flow Léna	11h30 - 50' Pilates Reformer Maëlle	
Midi		12h15 - 45' Power Pilates Élodie	12h30 - 50' Pilates Reformer Maëlle		12h15 - 45' Yogalates Élodie	12h30 - 50' Power Reformer Maëlle	12h15 - 50' Pilates Reformer Léna
Soir		17h - 50' Yogalates Elodie	16h45 - 60' Yoga Vinyasa Slow Anaïs		17h15 - 60' Vinyasa Flre Flow Anaïs		Réservation & infos kingkongclubchambery.fr
		18h00 - 50' Pilates flow Élodie	18h - 50' Power Reformer Maëlle	18h30 - 50' Power Pilates Élodie	18h30 - 50' Pilates Reformer Léna	18h - 50' Pilates Reformer Maëlle	
		19h15 - 60' Vinyasa Flre Flow Léna	19h - 50' Power Mix Maëlle				
			19h00 - 60' Yoga Hatha-Vinyasa Nicolas		19h30 - 50' Funky Flow Léna		