

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