

# GRILLE HORAIRE 2026-2027

| LUNDI                                                                                                    | MARDI                            | MERCREDI                                                                                                     | JEUDI                                                                                                       | VENDREDI                                                                                                        | SAMEDI                                                                                                             |
|----------------------------------------------------------------------------------------------------------|----------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                                          | 9h - Elodie<br>Pilates Avancé    |                                                                                                              | 9h - Niloofar<br>Tonic Flow                                                                                 |                                                                                                                 | 9h30 - Hélène<br>Flow Yoga                                                                                         |
|  10h - Anick<br>Qi Gong | 10h - Elodie<br>Pilates          |  10h - Elodie<br>Slow Floor |  10h - Cécile<br>Qi Gong |  10h - Karine<br>Full Body   |  10h30 - Hélène<br>Vinyasa Yoga |
| 11h15 - Anick<br>Tai Chi Avancé                                                                          | 11h - Elodie<br>Pilates Débutant |  11h15 - Patrick<br>Qi Gong | 11h15 - Anoush<br>Hatha Yoga                                                                                |  11h15 - Karine<br>Gym douce | 11h30 - Niloofar<br>Pilates Avancé                                                                                 |
| 12h30 - Corinne<br>Pilates                                                                               |                                  | 12h30 - Elodie<br>Pilates Ball                                                                               |                                                                                                             | 12h30 - Niloofar<br>Pilates                                                                                     | 12h30 - Niloofar<br>Pilates                                                                                        |
| 15h - Anick<br>Qi Gong Seniors                                                                           |                                  |                                                                                                              |                                                                                                             |                                                                                                                 |                                                                                                                    |
|                                                                                                          | 17h30 - Niloofar<br>Soft Pilates |                                                                                                              | 17h15 - Sandrine<br>Stretching                                                                              | ATELIERS                                                                                                        | ATELIERS                                                                                                           |
| 18h - Anick<br>Qi Gong                                                                                   | 18h30 - Niloofar<br>Pilates      | 18h - Patrick<br>Tai Chi                                                                                     | 18h30 - Sandrine<br>Pilates                                                                                 |                                                                                                                 |                                                                                                                    |
| 19h - Anna<br>Hatha Yoga                                                                                 | 19h30 - Niloofar<br>Tonic Flow   | 19h30 - Barbara<br>Vinyasa Yoga                                                                              |                                                                                                             |                                                                                                                 |                                                                                                                    |
| 20h - Niloofar<br>Pilates                                                                                |                                  |                                                                                                              |                                                                                                             |                                                                                                                 |                                                                                                                    |
| 21h - Huyen<br>Pilates Ball                                                                              |                                  |                                                                                                              |                                                                                                             |                                                                                                                 |                                                                                                                    |