

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
TONIC BY PRANA 9H ³⁰ 60'	HATHA YOGA 10H ⁰⁰ 90'		YIN YOGA 9H ³⁰ 60'	PILÂTES BY PRANA 9H ³⁰ 60'	PILÂTES BY PRANA 10H ⁰⁰ 45'	
HATHA YOGA 12H ³⁰ 60'	PILÂTES BY PRANA 12H ³⁰ 45'		CROSS TRAINING 12H ³⁰ 45'	RENFO TRAINING 12H ³⁰ 45'	CROSS TRAINING 11H ⁰⁰ 45'	
CARDIO TRAINING 18H ³⁰ 45'	STRETCHING BY PRANA 18H ⁰⁰ 45'	WOMEN TRAINING BY PRANA 18H ³⁰ 45'	TONIC BY PRANA 17H ³⁰ 45'	POSTURAL BY PRANA 18H ³⁰ 45'		
WOMEN TRAINING BY PRANA 19H ³⁰ 45'	PILÂTES BY PRANA 19H ⁰⁰ 45'		YOGA VINAYASA 18H ³⁰ 60'	YIN YOGA 19H ¹⁵ 75'		
	HATHA YOGA 20H ⁰⁰ 60'	CROSS TRAINING 20H ¹⁵ 45'	RENFO TRAINING 19H ⁴⁵ 45'		RPM 10H ⁰⁰ 50'	PLANNING FITNESS PLANNING CYCLING
	SPRINT 12H ³⁰ 30'	RPM 12H ³⁰ 50'				
RPM 18H ³⁰ 50'	RPM XL 19H ⁰⁰ 60'					
SPRINT 19H ³⁰ 30'		RPM EXPRESS 19H ³⁰ 30'	RPM 19H ³⁰ 50'			
						TRÈS ACCESSIBLE ACCESSIBLE INTENSE