

Relax Bien-être et détente

24 rue de l'Amiral Roussin
75015 PARIS

cours collectifs

www.relax.fr - info@relax.fr - tél 01 56 58 05 08

| | lundi | mardi | mercredi | jeudi | vendredi | samedi | dimanche |
|-------------|-------------------|-------------------|-------------------|-------------------|----------------------|-------------------|---|
| 7h00-7h30 | | | | | | | ateliers |
| 7h30-8h00 | | | | | | | 8h30-10h30 |
| 8h00-8h30 | | | | | | | 10h30-12h30 |
| 8h30-9h00 | | | | | | | 13h00-15h00 |
| 9h00-9h30 | | | | | | 9 h 15 - 10 h 15 | & |
| 9h30-10h00 | | | 9 h 30 - 10 h 30 | 9 h 30 - 10 h 45 | 9 h 30 - 10 h 30 | Pilates | 15h30-17h30 |
| 10h00-10h30 | | 10 h 15 - 11 h 15 | Hatha Yoga | Yoga dynamique | Pilates | 10 h 15 - 11 h 15 | 17h30-19h30 |
| 10h30-11h00 | | Pilates | | | 10 h 30 - 11 h 30 | Pilates | ateliers de 2 h ou 4 h |
| 11h00-11h30 | 11 h 00 - 12 h 00 | | 11 h 00 - 12 h 00 | 11 h 00 - 12 h 00 | Vinyasa Yoga | | tai chi |
| 11h30-12h00 | | 11 h 30- 12 h 30 | Pilates | Pilates | | 11 h 30 - 12 h 45 | qi gong |
| 12h00-12h30 | | Hatha yoga | | | | Yoga dynamique | pilates |
| 12h30-13h00 | 12 h 30 - 13 h 30 | | | 12 h 30 - 13 h 30 | 12 h 30 - 13 h 30 | | yin yoga |
| 13h00-13h30 | Essentrics | | 12 h 45 - 13 h 45 | Vinyasa Yoga | Pilates | | vinyasa yoga |
| 13h30-14h00 | | | Essentrics | | | | hatha yoga |
| 14h00-14h30 | | | | | | 14 h 00 - 15 h 15 | viniyoga |
| 14h30-15h00 | | | | | 14 h 00-15 h 00 | Power Yoga | Essentrics |
| 15h00-15h30 | | | | | Feldenkrais | | Yoga Hormonal |
| 15h30-16h00 | | | | | | 15 h 30 - 16 h 30 | méditations bols tibétains |
| 16h00-16h30 | | | | | 15 h 45 - 17 h 00 | Essentrics | wutao méditation |
| 16h30-17h00 | | | | | Yoga dynamique | 16 h 30 - 17 h 30 | |
| 17h00-17h30 | | | | | 17 h 00 - 18 h 00 | Pilates | formations massages |
| 17h30-18h00 | 17 h 30 - 18 h 30 | | 17 h 30 -18 h 30 | 17 h 30 - 18 h 30 | Yin/restorative Yoga | 17 h 30 - 18 h 30 | etc,,, |
| 18h00-18h30 | | 18 h 00 - 19 h 00 | Feldenkrais | Pilates | 18 h 15 - 19 h 15 | Hatha yoga | |
| 18h30-19h00 | 18 h 30 - 19 h 30 | | 18 h 30 - 19 h 30 | 18 h 30 - 19 h 30 | Qi gong | | |
| 19h00-19h30 | Wutao | | Yoga prénatal | Wutao sol | | | |
| 19h30-20h00 | 19 h 30 - 20 h 30 | 19 h 30 - 20 h 30 | 19 h 30 - 20 h 30 | 19 h 30 - 21 h 00 | 19 h 30 - 20 h 45 | | |
| 20h00-20h30 | Pilates | Vinyasa yoga | Pilates | Power Yoga | Power Yoga | | programme mis à jour |
| 20h30-21h00 | 20 h 30 - 21 h 30 | 20 h 40 - 21 h 40 | 20 h 30 - 21 h 30 | Niveau 2 | | | par trimestre |
| 21h00-21h30 | Pilates | hatha yoga | Pilates | | | | à consulter sur le site www.relax.fr |