

MORPHO BLEU



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	LUN/MON	MAR/TUE	MER/WED	JEU/THU	VEN/FRI	SAM/SAT	DIM/SUN
07h00	FLOW 60	HATHA 60	FLOW 60	HATHA 60	FLOW 60		
08h30	KATONAH 60	FLOW 60	SLOW FLOW 60	FLOW 60		KATONAH 60	HATHA 60
09h00	MAT PILATES 50	BARRE 50	BARRE 50	ESSETRICS 50	MAT PILATES 50		
09h30				BOOTCAMP 50		BARRE 50	YOGA SCULPT 50
10h00	FLOW 60	KATONAH 75	FLOW + YIN 60	FLOW 60	FLOW 60	POWER 75	FLOW 60
10h15	LONGEVITY 60		MOBILITY 60		ELDOA 60		
10h30		YOGA SCULPT 50		Mat Pilates 50	MOM + BABY 60	MAT PILATES 50	
10h45							BARRE 50
12h00	FLOW 60	FLOW 60	FLOW 60	HATHA 60	FLOW 60	FLOW 60	FLOW 60
12h15			Strength + Pilates 45		BARRE 45		
13h30	HATHA + YIN 60	SLOW FLOW 60	HATHA 60	FLOW + YIN 60	FLOW 60	YIN 60	FLOW 60
13h30							Prana & Play
15h00						HATHA 60	POWER 60
16h00	MAT PILATES 50	CARDIO PILATES 50	POWER 60		FLOW + YIN 60		
16h15		PRENATAL 75					
16h30				SLOW FLOW 60		FLOW + YIN 75	FLOW + YIN 60
17h00				CORE 50			
17h30	FLOW 60	FLOW 60	FLOW 60	FLOW 60	POWER 60		
17h45	TRAPEZE 50 LVL 1						
18h00	CARDIO PILATES 50	BARRE 45	BARRE 50	STRENGTH + PILATES 50			Moon Magic
18h15				ESSETRICS 50			
18h30			CORE 45				
18h45		YIN + GONG 60					
19h00	FLOW + YIN 60	FLOW 60	KATONAH RESTORATIVE 75	FLOW 60			
19h00	TRAPEZE 50 LVL 2				Sound Journey		
19h15		BARRE 45	YIN + TONIC 75	BARRE 50			
19h30	YIN 60						
20h15		FLOW + YIN 60					

	LUN/MON	MAR/TUE	MER/WED	JEU/THU	VEN/FRI	SAM/SAT	DIM/SUN
07h30					All Levels Reformers		
09h00	All Levels Reformers	All Levels Reformers	All Levels Reformers	All Levels Reformers	All Levels Reformers	All Levels Reformers	All Levels Reformers
10h00						INTRO Reformers	All Levels Reformers
12h00	All Levels Reformers	Intermediate Reformers	All Levels Reformers	Intermediate Reformers	Intermediate Reformers		
13h30	All Levels Reformers						
18h00		All Levels Reformers	All Levels Reformers	INTRO Reformers			

L'HORAIRE EST SUJET À CHANGEMENT

TOUS LES COURS DE REFORMER DURENT 55 MINUTES