

# PLANNING - TARIFS SAISON 2026-2027

|                                                                                     | LUNDI                               | MERCREDI                              | JEUDI                                                                             |
|-------------------------------------------------------------------------------------|-------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------|
|  |                                     |                                       |  |
| 9H<br>10H                                                                           | VINYASA YOGA<br>ANIMAL FLOW         |                                       | VINYASA YOGA<br>ANIMAL FLOW                                                       |
| 16H45                                                                               | Kids MARTIAL Sport<br>3 - 4 - 5 ans | Kids MARTIAL Sport<br>6 - 7 - 8 ans   | Kids MARTIAL Sport<br>3 - 4 - 5 ans                                               |
| 17H30                                                                               | Kids MARTIAL Sport<br>6 - 7 - 8 ans | Kids MARTIAL Sport<br>9 - 10 - 11 ans | Kids MARTIAL Sport<br>9 - 10 - 11 ans                                             |
| 18H15                                                                               | KICK BOXING Défense                 | KICK BOXING Défense                   | KICK BOXING Défense                                                               |
| 19H                                                                                 | CARDIO BOXING                       | CROSS TRAINING                        | CARDIO BOXING                                                                     |
| 19H30                                                                               | VINYASA YOGA                        | VINYASA YOGA                          | YIN TRAINING                                                                      |