

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
TRAINING	COURS CO	TRAINING	COURS CO	TRAINING	COURS CO	TRAINING	COURS CO	TRAINING	COURS CO	TRAINING	COURS CO
FREE Training 08h-12h15		FREE Training 08h-09h	TOTAL BODY Training Niveau 1 08h-09h	PERSONNAL Training 08h-09h	PILATES Niveau 1 08h-09h	FREE Training 08h-09h	YOGA Vinyasa 08h-09h	FREE Training 08h-13h15		FREE Training 09h-11h	YOGA Vinyasa 10h-11h
		PERSONNAL Training 09h00-10h00				PERSONNAL Training 09h-10h	PILATES TRX® Niveau 2 09h-10h				
PERSONNAL Training 12h15-13h15	PILATES Niveau 2 12h-13h	FREE Training 09h-13h15	STRETCHING 11h-12h	PERSONNAL Training 12h15-13h15	PILATES Niveau 2 11h-12h	FREE Training 08h-12h15		FREE Training 08h-13h15		PERSONNAL Training 11h-12h	PILATES Niveau 1 11h-12h
	POSTURE 12h-13h		Sortie RUNNING 12h-13h		CUISSES-ABDOS-FESSIERS Niveau 1 12h-13h						
FREE Training 12h15-18h15	PILATES Niveau 1 13h-14h	PERSONNAL Training 13h15-14h15	CUISSES-ABDOS-FESSIERS Niveau 2 13h-14h	FREE Training 12h15-20h15	PILATES Niveau 1 13h-14h	FREE Training 09h-21h15		PERSONNAL Training 13h15-14h15	STRETCHING 13h-14h	FREE Training 11h-14h	STRETCH'YIN 12h-13h
PERSONNAL Training 18h15-19h15	BOXE Training Niveau 3 18h15-19h15	FREE Training 13h15-21h15	BOXE Training Niveau 1 18h15-19h15	PERSONNAL Training 19h30-20h30	YOGA Vinyasa 18h15-19h15	FREE Training 12h15-20h15		PERSONNAL Training 18h15-19h15		FREE Training 13h15-19h15	
FREE Training 18h15-21h15	BOXE Training Niveau 1 19h15-20h15		TOTAL BODY Training Niveau 2 19h15-20h15		PILATES Niveau 2 19h15-20h15						
	STRETCHING 20h15-21h15										

COURS CO	Salle PLAYGROUND - 2 rue Elsa Morante
COURS CO	Mezzanine, Salle TRAINING - 6 rue Elsa Morante
TRAINING	RDC, Salle TRAINING - 6 rue Elsa Morante
RUNNING	A l'extérieur. Point de départ : rdv devant le 2 rue Elsa Morante

Pour toutes questions, contactez nous au 01 44 23 30 00
ou rendez-vous à l'accueil sur place au 1 rue Elsa Morante 75013 PARIS.
Réservez vos créneaux via votre compte personnel RESAMANIA (<https://member.resamania.com/monstade/>).