

# LE STUDIO

## 2026 / 2027



|            | LUNDI                                     | MARDI                                    | MERCREDI                                 | JEUDI                                       | VENDREDI                                 | SAMEDI | DIMANCHE                                                                            |
|------------|-------------------------------------------|------------------------------------------|------------------------------------------|---------------------------------------------|------------------------------------------|--------|-------------------------------------------------------------------------------------|
| Matinée    |                                           |                                          |                                          |                                             |                                          |        | <b>9H45</b><br>Pilates Active<br>Pascal                                             |
| Après-midi | <b>12H30</b><br>Pilates Flow<br>Alice     |                                          |                                          |                                             | <b>12H30</b><br>Postural Ball<br>Marine  |        | <b>11H15</b><br>Yoga du dimanche<br><u>OU</u><br>Yoga + Brunch<br>X Sangha Toulouse |
| Soirée     | <b>18H30</b><br>Athletic Yoga<br>Mathilde | <b>18H30</b><br>Yoga Iyengar<br>Céline   | <b>18H30</b><br>Barre Sculpt<br>Pascal   | <b>18H30</b><br>Pilates Bottom Up<br>Pascal | <b>18H00</b><br>Pilates Power<br>Armelle |        |                                                                                     |
|            | <b>19H30</b><br>Yoga Flow<br>Barbara      | <b>19H30</b><br>Yoga Vinyasa<br>Ombeline | <b>19H30</b><br>Pilates Active<br>Pascal | <b>19H30</b><br>Yoga Fonctionnel<br>Sophie  | <b>19H00</b><br>Zumba<br>Sophie          |        |                                                                                     |