



PLANNING LIMONEST 2018 #YOGALODGE

LUNDI

10:00 - 11:00	PILATES	Cathy
12:15 - 13:15	FLYMOVE	Cathy
13 : 15 – 14:15	FLY MOVE	Cathy
18:00 - 19:30	HATHA	Vanessa
19:30 - 21:00	YIN YOGA	Sylwia

JEUDI

10:30 - 11:30	PILATES	Céline
12:15 – 13 : 30	MEDITATION	Corentin
18:00 - 19:15	HATHA YOGA	Lina
19 :30 – 21:00	ASTHANGA	Lina

MARDI

10:00 - 11:30	VINYASA	Jean Gérard
12:15 -13:15	FLYMOVE	Cathy
13:15 - 14:15	FLYMOVE	Cathy
18:30 - 19:45	VINYASA	Jean Gérard
20:00 -21:15	HATHA	Vanessa

VENDREDI

10:00 - 11:30	VINYASA	Jean Gérard
12:15 - 13:15	POWER YOGA	Jean Gérard
14:00 - 15:00	HOT YOGA	Jean Gérard
18:00 - 19:00	HATHA	Anne

MERCREDI

12:00 - 13:00	HOT YOGA	Jean Gérard
14:30 - 15:15	KIDS YOGA 5 – 8 ans	Anne
15:30 - 16:15	KIDS YOGA 9 – 12 ans	Anne
16:45 - 17:45	HATHA	Anne
18:00 - 19:30	VINYASA	Jean Gérard
20:00 - 21:15	YOGA REPARATEUR	Jean Gérard

SAMEDI

09:00 – 10:15	VINYASA	Vanessa
10:30 - 11:45	HATHA / ASTHANGA	Anne Lina

DIMANCHE

17:00 - 18:30	YIN / HATHA	Sylwia
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