

PLANNING CALUIRE 2019

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
VINYASA 09:30 - 10:45	PILATES 09:30 - 10:30	VINYASA 09:30 - 11:00	VINYASA 09:30 - 10:45		VINYASA 09:30 - 11:00	KUNDAHATHA 09:15 - 10:45
	ASTHANGA 10:45 - 12:00			VINI YOGA 10:30 - 11:45	MEDITATION INTEGRATIVE 11:15 - 12:30	VINYASA 11:00 - 12:15
PILATES 12:15 - 13:15	VINYASA 12:15 - 13:30	YIN YOGA 12:15 - 13:30	PILATES Niveau II 12:30 - 13:30	YIN YOGA 12:15 - 13:30		
		KID's YOGA Yogi plume 14:00 - 17:15 Voir modalités				
	HATHA RELAX 18:00 - 19:15		HATHA YOGA 18:00 - 19:15	PILATES 17:30 - 18:30		HOT YOGA* 18:00 - 19:00
VINYASA 18:30 - 19:45				YOGA REPARATEUR 18:30 - 19:45		
VINYASA 20:00 - 21:30	HATHA 19:30 - 20:45	YIN YOGA 19:30 - 20:45	HOT YOGA 20:00 - 21:00			

RESERVATION OBLIGATOIRE . DOCUMENT NON CONTRACTUEL

* Voir planning