



PLANNING LIMONEST 2018 #YOGALODGE

LUNDI

10:00 - 11:00	PILATES	Cathy
12:15 - 13:15	FLYMOVE	Cathy
18:00 - 19:30	HATHA	Vanessa
19:30 - 21:00	YINYOGA	Sylwia

JEUDI

08:00 - 09:00	PILATES	Céline
18:00 - 19:15	HATHA YOGA	Anne

MARDI

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

VENDREDI

10:00 - 11:30	VINYASA	Jean G�rard
12:15 - 13:15	POWERYOGA	Jean G�rard
14:00 - 15:00	HOTYOGA	Jean G�rard
18:00 - 19:00	HATHA	Anne

MERCREDI

12:00 - 13:00	HOTYOGA	Jean G�rard
15:30 - 16:15	KID S YOGA	Anne
16:45 - 17:45	HATHA	Anne
18:00 - 19:30	VINYASA	Jean G�rard
20:00 - 21:15	YOGA REPARATEUR	Jean G�rard

SAMEDI

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

DIMANCHE

17:00 - 18:30	YIN / HATHA	Sylwia
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