



**PLANNING CALUIRE  
Nov 2018**

**LUNDI**

09:30 - 11:00 **VINYASA**

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12:15 - 13:15 **PILATES**

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18:30 - 19:45 **VINYASA**

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20:00 - 21:30 **VINYASA**

**JEUDI**

09:30 - 10:45 **VINYASA**

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12:30 - 13:30 **PILATES niv2**

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18:00 - 19:15 **HATHA**

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**MARDI**

09:30 - 10:30 **PILATES**

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10:45 - 12:00 **ASTHANGA**

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12:15 - 13:30 **VINYASA**

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18:00 - 19:15 **HATHA RELAX**

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19:30 - 20:45 **HATHA**

**VENREDI**

10:30 - 11:45 **HATHA**

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12:15 - 13:30 **YIN YOGA**

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17:15 - 18:30 **VINYASA**

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18:30 - 19:45 **YOGA REPARATEUR**

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**MERCREDI**

09:30 - 11:00 **VINYASA**

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12:30 - 13:45 **YIN YOGA**

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14:00 - 17:45 **KID'S YOGA \***

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18:00 - 19:15 **KUNDALINI**

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19:30 - 20:45 **YIN YOGA**

**SAMEDI**

09:30 - 11:00 **VINYASA**

**DIMANCHE \***

18:00 - 19:15 **VINYASA**

18:00 - 19:15 **HOT YOGA**

\* Voir modalités au studio