

LUNDI

09.30 \_ 11.00  
Vinyasa 2  
Lucie

MARDI

09.30 \_ 11.00  
Yoga & align.  
Aurélia

MERCREDI

09.00 \_ 11.00  
Vinyasa # 2h  
Muriel

JEUDI

09.30 \_ 11.00  
Yoga & align.  
Mayssa

VENREDI

07.45 \_ 08.45  
Yoga Matin  
Blandine

SAMEDI

09.30 \_ 11.00  
Hatha & Prana  
Charlotte  
& Muriel

DIMANCHE

12.30 \_ 13.45  
Vinyasa &  
Ajustements  
Mayssa



11.15 \_ 12.30  
Vinyasa 2  
Aurélia



12.15\_ 13.30  
Yoga &  
renforcements  
Jérôme

11.15 \_ 12.30  
Yoga détente  
& restauratif  
Muriel

12.45 \_ 14.00  
Vinyasa 2 - 3  
Millie

10.30 \_ 12.00  
Hatha & Prana  
Muriel

12.30 \_ 14.00  
Vinyasa Focus  
Inversion  
Millie

11.15 \_ 12.45  
Yoga & align.  
Aurélia

13.00\_ 14.15  
Vinyasa TN  
Charlotte & Mu

11.00 \_ 12.30  
Yoga & align.  
Mayssa



17.30 \_ 18.55  
Yang Yin Yoga  
Lucie

17.30 \_ 18.40  
Hatha Doux  
Mayssa

17.40 \_ 18.55  
Vinyasa TN  
Muriel

16.30 \_ 18.30  
Masterclasses  
Voir calendrier

17.00 \_ 18.15  
Yoga détente  
& restauratif  
Lucie & Mayssa

19.00 \_ 20.15  
Vinyasa 3  
Millie

18.45 \_ 20.15  
Vinyasa TN  
Mayssa

19.00 \_ 20.30  
Vinyasa 2  
Lucie

18.30 \_ 20.00  
Yoga & align.  
Aurélia

18.30 \_ 19.45  
Vinyasa TN  
Lucie



20.20\_ 21.50  
Hatha flow &  
Pranayama  
Blandine

19.30\_ 21.00  
Hatha flow &  
Pranayama  
Charlotte



20.00\_ 21.15  
Hatha flow  
Muriel