



LUNDI		
12.30 > 13.45	Hatha Yoga	Frédéric
18.00 > 19.15	Yoga(débutants)	Saori
19.30 > 21.00	Yoga (avancés)	Saori

MARDI		
12.30 > 13.30	Hatha Yoga	Gosia
18.15 > 19.30	Yoga	Tatiana
19.45 > 20.45	Yin Yoga	Tatiana

MERCREDI		
9.45 > 11.00	Yoga & Meditation	Giorgia
11.30 > 12.45	Mindfulness meditation	Valentine
18.00 > 19.00	Soft Yoga	Lisa
19.15 > 20.30	Katonah Yoga	Lisa

JEUDI		
10.00 > 11.15	Kundalini Yoga	Hélène
12.15 > 13.15	Katonah Yoga	Lisa
18.00 > 19.15	Vinyasa Flow	Isha
19.45 > 21.00	Gentle Yoga Nidra Sound	Gosia

VENDREDI		
9.15 > 10.30	Hormonal Balance	Fanny
11.30 > 12.45	Yoga & Meditation	Giorgia
17.45 > 19.00	Yoga Therapy	Brigitte

SAMEDI		
10.15 > 11.45	Yoga for Pregnancy	Sophie
12.15 > 13.30	Body therapy	Daad