

PLANNING Rentrée 2019

Yoga et Sens

	MATIN	MIDI	APRES-MIDI	SOIR
LUNDI	10H HATHA YOGA Alexandra	12H15 HATHA YOGA Alexandra		19H HATHA YOGA Julie
MARDI	10H YIN YOGA Alexandra		18H YIN YOGA Laura	19H30 VINYASA Marion
MERCREDI	10H PILATES Cyril	12H15 STRETCHING POSTURAL Stéphanie	16H15 HATHA YOGA Laura 18H YOGA prénatal Camille	19H15 HATHA YOGA Camille
JEUDI	10H YOGA DOUX Pascia		18H HATHA YOGA Emelyne	19H30 YIN YOGA Laura
VENDREDI	10H HATHA YOGA Marie-Laure	12H30 VINYASA Marie-Laure	17H30 STRETCHING POSTURAL Stéphanie	19H HATHA YOGA Emelyne 20H30 MANTRAS Julia (hors forfait)
SAMEDI	10H VINYASA Dina	11H45 YOGA DETENTE Dina	18H HATHA YOGA Julie	
DIMANCHE	10H VINYASA Marion/Léa	11H45 YOGA DOUX Marion/léa	18H30 HATHA YOGA Claudia	