

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7h30		Morning Flow 1h					
8h15				Morning Flow 1h			
10h			Yoga Prénatal 1h		Morning Flow 1h15 	Yin Yang 1h15 	
11h30						Vinyasa Flow (anglais) 1h15	YOGA BRUNCH 11h30 - 13h30 (voir planning)
12h15	Iyengar 1h	Yoga Abs 1h	Slow Flow 1h	Flow Feminin 1h	Ashtanga 1h		
15h30							
17h30					Vinyasa Flow 1h		Vinyasa Flow 1h15
18h30	Yoga Basics 1h15	Aroma Flow 1h	Vinyasa Flow 1h15 	Vinyasa Flow 1h			
19h45		Vinyasa Flow 1h 	Aroma Yin & Meditation 1h	Restorative Yoga 1h			
20h							

● Margot
 ● Hélène
 ● Sandra B
 ● Andréa
 ● Sandra D
 ● Noellie
 ● Büge
 ● Yara

 Cours disponible en live

