

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09.30 _ 11.00 Vinyasa TN Lucie	09.30 _ 11.00 Yoga & align. Aurélia	09.30 _ 11.30 Masterclass Vinyasa Muriel	09.30 _ 11.00 Vinyasa & Ajustements Mayssa	07.45 _ 08.45 Yoga Matin Blandine	09.30 _ 11.00 Hatha & Prana Charlotte & Muriel	
11.15 _ 12.30 SOPHROLOGIE Stéphanie		11.30 _ 12.45 Yoga détente & restauratif Muriel		09.30 _ 11.00 Ashtanga Federica	11.00 _ 12.30 Yoga & align. Aurélia	
12.45 _ 14.00 Vinyasa & Ajustements Mayssa	12.30 _ 13.45 Vinyasa TN Aurélia	12.45 _ 14.00 Vinyasa 2_3 Millie		12.30 _ 14.00 Vinyasa 2_3 Muriel	12.45 _ 14.00 Vinyasa TN Millie	
	17.00 _ 18.15 Yoga détente & restauratif Muriel		16.00 _ 17.15 Vinyasa TN Olivier	14.15 _ 16.15 Masterclass INVERSIONS Else & Julien		17.00 _ 18.15 Yoga détente & restauratif Lucie & Mayssa
17.30 _ 19.00 Hatha & Prana Muriel	18.45 _ 20.15 Vinyasa TN Mayssa	18.15 _ 19.30 Vinyasa TN Charlotte	17.30 _ 18.45 Hatha & Nidra Olivier	16.30 _ 18.15 Connaissance du Yoga & Nidra Muriel		18.30 _ 20.00 Vinyasa TN Lucie
19.00 _ 20.30 Vinyasa 2_3 Millie	20.20_ 21.50 Hatha flow & Pranayama Blandine	19.30_ 21.00 Hatha flow & Pranayama Charlotte	19.00 _ 20.30 Vinyasa 2_3 Lucie	18.30 _ 20.00 Yoga & align. Aurélia		