

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
		6.30h-7:45h Hatha YOGA			
	8:30h-9:30h YOGA - PILATES Maria	8:30h-9:45h Hatha YOGA Laurence	8:30h-9:30h Slow YOGA Marlène	8:30h-9:30h QI GONG Adélaïde	YOGA EN FAMILLE OU YOGA à 2 Laurence
9:30h-10:30h YOGA Thérapy Maria		10:00-11:00h YOGA sur chaise Marlène			
	12:15h-13:15h Hatha YOGA Marlène		12:15h-13:15h YOGA Thérapy María		
	16:15h-17:15h YOGA ENFANTS Cátia	17:00h-18:00h YOGA - PILATES María	16:15h - 17:15h YOGA PRÉNATAL María		
18:00h -19:00h YOGA Thérapy María	17:30-18:30h Hatha YOGA Marlène	18:10h -19:10h YOGA Thérapy María	17:30h - 18:30h YOGA - PILATES María	19:15h - 20:15h YOGA DOUX Nadine	
19:10h-20:10h YOGA - PILATES María	18:45h - 19:45h QI GONG Adélaïde	19:20h - 20:20h YOGALATES Nadine	18:40h - 19:40h Hatha YOGA Marlène		