

| 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 | 9:45h - 10:45h YOGA PRÉNATAL María | 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 | | |
| 19:10h-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 | | |
| | | 20:25h - 21:20h YOGA RESTAURATIF Nadine | | | |