

# PLANNING DES COURS DE YOGA 2021 - 2022

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9:00						
09:30						Hatha Yoga 9H30 - 10H30
10:00						
10:30						
11:00						Hatha Yoga 11H00 - 12H00
11:30						
12:00						
12:30						
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14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00			Hatha Yoga 17H30 - 18H30		Hatha Yoga 18H00 - 19H00	
18:30						
19:00						
19:30		Hatha Yoga 19H00 - 20H00	Yin Yoga 19H00 - 20H00	Vinyasa Yoga 19H00 - 20H00		
20:00					Yin Yoga - ZOOM 19H45 - 20H45	
20:30						
21:00		Hatha Yoga 20H30 - 21H30				
21:30						
22:00						