

PLANNING 2023 / 2024

LUNDI

10:30 - 11:45	Vinyasa / Martin
12:00 - 13:15	Hatha / Praveen
14:30 - 15:45	Pilates / Solène
16:00 - 17:15	Hatha / Emma
17:30 - 18:45	Vinyasa / Joseph
19:00 - 20:15	Hatha / Emma
20:30 - 21:45	Yin / Julie



Y O G A R T

PLANNING 2023/2024

MARDI

10:15 - 11:30 Yin / Emma

17:00 - 18:15 Ashtanga / Charline

18:30 - 19:45 Pilates / Solène

20:00 - 21:15 Vinyasa / Martin



Y O G A R T

PLANNING 2023/2024

MERCREDI

09:30 - 10:45 Hatha / Bara

12:15 - 13:15 Vinyasa / Praveen

14:30 - 15:30 Yoga enfant 6/12 ans

16:00 - 17:15 Pilates / Lucy Ann

17:30 - 18:45 Yin / Julie

19:00 - 20:15 Vinyasa / Deborah

20:30 - 21:45 Hatha / Praveen



Y O G A R T

PLANNING 2023/2024

JEUDI

10:15 - 11:15 Hatha / Emma

12:15 - 13:15 Pilates / Lucy Ann

17:00 - 18:15 Vinyasa / Charline

18:30 - 19:45 Ashtanga / Charline

20:00 - 21:15 Inversion et équilibre /
Martin



Y O G A R T

PLANNING 2023/2024

VENDREDI

10:00 - 11:15 Yin / Julie

12:00 - 13:15 Hatha / Praveen

18:00 - 19:15 Yin / Martin

19:30 - 20:45 Hatha / Joseph



Y O G A R T

PLANNING 2023/2024

SAMEDI

- | | |
|---------------|--------------------------------------|
| 08:30 - 09:45 | Yoga matin / Martin |
| 10:00 - 11:15 | Hatha / Praveen |
| 11:30 - 12:45 | Ashtanga intermediaire /
Charline |
| 14:00 - 15:15 | Vinyasa / Deborah |
| 15:30 - 16:45 | Pilates / Solène |
| 17:00 - 18:15 | Yin / Deborah |

