

# Planning

LUNDI

09H30  
PILATES

12H30  
YIN YOGA

18H00  
HATHA  
SLOW FLOW

19H30  
VINYASA  
YOGA

MARDI

09H00  
HATHA  
DOUX

12H30  
RENFO  
POSTURAL

18H00  
HATHA  
YOGA

19H30  
HATHA  
DOUX

MERCREDI

9H30  
YIN YOGA

12H30  
HATHA  
YOGA

18H00  
HATHA  
YOGA

19H30  
YIN YOGA

JEUDI

09H00  
HATHA  
DOUX

12H30  
RENFO  
POSTURAL

18H00  
HATHA  
YOGA

19H30  
YIN YOGA

VENDREDI

09H30  
RENFO  
POSTURAL

12H30  
HATHA  
DOUX

17H30  
PILATES

19H30  
HATHA  
SLOW FLOW

SAMEDI

09H30  
PARENTS  
ENFANTS\*

11H00  
HATHA  
YOGA

12H30  
YIN YOGA

DIMANCHE

ATELIERS

YOGA STUDIO BY KAT