

lundi

9:30h-10:30h
Yoga Thérap
MARIA

18h - 19h
Yoga Thérap
MARIA

19:15h-20:15h
Yoga Pilates
MARIA

mardi

10h -11h
Yoga Pilates
MARIA

12:15h - 13:15h
Hatha Yoga
Marlène

16:15h-17:15h
Yoga Enfants
Cátia

17:30h-18:30h
Hatha Yoga
Marlène

18:45h - 19:45h
Qi Gong
Adélaïde

mercredi

6:30h-7:45h
Hatha Yoga
Laurence

8:30h-9:45h
Hatha Yoga
Laurence

10:00h-11:00h
Yoga sur chaise
Marlène

17h-18h
Yoga Pilates
MARIA

18:10h - 19:10h
Yoga Thérap
MARIA

19:30h- 20:30h
Yogalates
Nadine

jeudi

8:30h-9:30h
Slow Yoga
Marlène

10h - 11h
Qi Gong
Adélaïde

12:15h - 13:15h
Yoga Thérap
MARIA

17:00h - 18:00h
Yoga PRÉNATAL
MARIA

18:10h-19:10h
Yoga Pilates
MARIA

vendredi

Cours privés

19:15h- 20:15h
Yoga Doux
Nadine