



Planning 2023/2024

LUNDI

PILATES 9H00/10H00

HATHA YOGA 10H15/11H30

MARDI

PILATES 19H00/20H00

VINYASA YOGA 20H15/21H30

MERCREDI

YIN YOGA 19H00/20H15

PILATES 20H30/21H30

JEUDI

PILATES 19H00/20H00

HATHA YOGA 20H15/21H30