

Planning Centre YOGA EQUANIMITY 2023/24

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI DIMANCHE
	7:00 - 8:15 Hatha Yoga Antonia				
10:00 - 11:15 Hatha Yoga Mathieu	10:00 - 11:15 Yoga Doux Mathieu	10:00 - 11:15 Yoga Doux Mathieu			09:30 - 10:45 Hatha Yoga Karine
12:30 - 13:45 Ashtanga Yoga Viola	12:30 - 13:45 Yin Yoga Antonia	12:30 - 13:45 Vinyasa Yoga Aude	12:30 - 13:45 Hatha Yoga Clement	12:30 - 13:45 Hatha Yoga Andrea	Stages Mini-ateliers Retraites Activités Voir "Stages"
		17:30 - 18:30 Pratique et Etudes Yoga			
18:45 - 20:00 Vinyasa Yoga Antonia	18:45 - 20:00 Hatha Yoga Andrea	18:30 - 19:45 Hatha Yoga Mathieu	18:30 - 19:45 Ashtanga Yoga Viola	18:30 - 19:45 Hatha Yoga Andrea	
20:15 - 21:30 Yin Yoga Antonia	20:15 - 21:30 Vinyasa Yoga Karine	20:00 - 21:15 Hatha Yoga Mathieu	20:00 - 21:15 Yoga Doux Fanny		

Planning Maisons de quartier 2023/24

Île de Nantes

Manufacture

LUNDI	MERCREDI	VENDREDI	MARDI	JEUDI
12:30 - 13:45 Hatha Yoga Clément MQJ "E"	19:30 - 20:45 Hatha Yoga Mathieu MQJ "P"	12:30 - 13:45 Hatha Yoga Clément MQJ "E"		
	19:00 - 20:15 Vinyasa Yoga Clément MQJ "E"			
18:30 - 19:45 Vinyasa Yoga Isidore MQJ "E"	20:30 - 21:45 Hatha Yoga Clément MQJ "R"		19:30 - 20:45 Hatha Yoga Mathieu "Manu VI"	19:00 - 20:15 Vinyasa Yoga Clément "Manu VI"