

PLANNING DES COURS YOGA - AYTRÉ



LUNDI	MARDI	MERCREDI	JEUDI
9h15-10h00 FLOW <i>Libérez, Bougez, Performez</i>		9h00-10h00 HATHA	10h00-10h55 PILATES PETIT MATERIEL
	11h00-12h00 YIN		11h-12h HATHA
12h25-13h10 VINYASA			
18h-18h45 FLOW <i>Libérez, Bougez, Performez</i>	18h-19h HATHA	18h-19h VINYASA	
19h-20h POWER PILATES			
		19h30-20h30 YIN	

