

AUVERS	Lundi	Mardi	Jeudi	Vendredi	Samedi
9h - 10h			Yoga déb/ inter		Yoga déb/ inter
10h - 11h	Pilates/ fitness				
10h15 - 11h15			Yoga relax nidra		
11h15 - 12h15	Yoga sur chaise				
18h45 - 19h45				Yoga avancé tonic	
19h - 20h		Yoga abdos/Pilates			
20h15 - 21h15		Yoga déb/ inter			

CHAMPAGNE	Lundi	Mercredi	Jeudi	Vendredi
10h - 11h				Yoga relax nidra
11h15- 12h15				Yoga déb/inter
14h - 15h	Yoga Mobilité			
15h15 - 16h15	Yoga abdos/ Pilates			
16h45 - 17h45		Pilates/fitness		
18h - 19h		Yoga déb/inter		
19h - 20h			Yoga inter/ avancé	
19h15 - 20h15		Yoga avancé/ tonic		
20h15 - 21h15			Yoga relax nidra	