

AUVERS	Lundi	Mardi	Jeudi	Vendredi	Samedi
9h - 10h	Yoga débutant		Yoga inter		Yoga inter - Yoga nidra
10h15- 11h15	Pilate fitness		Yoga nidra		
18h45 - 19h45				Yoga avancé	
19h - 20h		Yoga abdominaux			
20h - 21h				Yoga nidra	
20h15 - 21h15		Yoga inter			

CHAMPAGNE	Lundi	Mercredi	Jeudi	Vendredi
9h - 10h				Yoga débutant
10h15 - 11h15				Yoga nidra
14h - 15h	Yoga inter			
15h15 - 16h15	Yoga abdos			
16h45 - 17h45		Pilate fitness		
18h - 19h		Yoga tonic		
19h - 20h			Yoga avancé	
19h15 - 20h15		Yoga inter		
20h15 - 21h15			Yoga nidra	