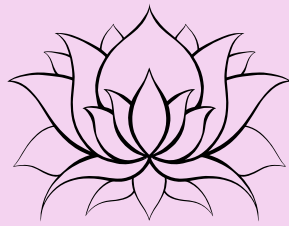
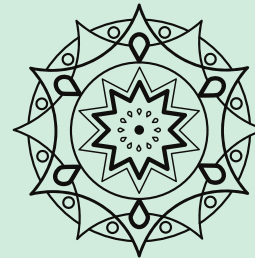


Lundi



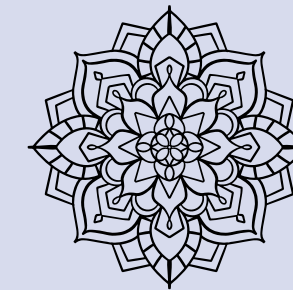
18H15 - 19H30 HATHA YOGA
19H45 - 21H00 HATHA YOGA

Mardi



18H30 - 19H45 YIN YOGA

Mercredi



9H00 - 10H15 HATHA YOGA
10H30 - 11H30 **PILÂTES**

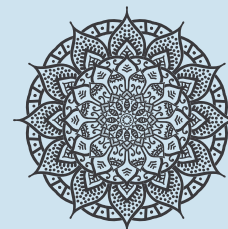
18H15 - 19H30 ASHTANGA TOUS NIVEAUX
19H45 - 21H00 ASHTANGA AVANCÉS

Jeudi



18H00 - 19H00 **PILÂTES**
19H15 - 20H30 HATHA YOGA

Vendredi



18H15 - 19H30 HATHA YOGA

Samedi et Dimanche

10H30 - 12H30 ATELIERS A THÈME



MASSAGES SUR RDV

