



YogaOrigins  
STUDIO DE YOGA & PILATES

# PLANNING

	Lundi		Mardi		Mercredi		Jeudi		Vendredi	Samedi	Dimanche
STUDIO	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 1	STUDIO 1
9H00											VINYASA DEBUTANT 75'
9H30	HATHA FLOW 75'		VINYASA DEBUTANT 75'				YIN YOGA 90'		PILATES 60'	HATHA 90'	
10H30											PILATES 60'
12H30	VINYASA 60'					PILATES 60'	HATHA YOGA 60'		YIN YOGA 60'		
12H45					VINYASA 60'						
14H30					HATHA FLOW 60'						
17H30					BODY STRETCH 60'						
18H00	VINYASA 75'			PILATES 60'			RENFO POSTURAL 60'				
18H30		YOGA THERAPIE 90'	HATHA YOGA 75'			KUNDALINI 90'		HATHA YOGA 90'	IYENGAR AVAN 90'		
18H45					IYENGAR 90'						
19H15					RENFO POSTURAL 60'		VINYASA ASHTANGA 75'				
19H30	YIN YOGA 60'										
20H00			YIN YOGA 60'								