



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
9H30	HATHA FLOW 75'		IYENGAR 90'				YIN YOGA 90'			REBIRTH YOGA 90'	
10H00											VINYASA DEBUTANT 90'
12H30	VINYASA 60'				PILATES 60'		HATHA 60'		YIN YOGA 60'		
13H15						VINYASA 60'					
14H30					HATHA FLOW 60'						
17H30	YOGA DOS 60'										
18H00		VINYASA FLOW 75'		PILATES 60'			RENFO POSTURAL 60'		IYENGAR AVAN 90'		
18H30	YOGA DOS 60'		KUNDALINI 90'		IYENGAR 90'			VINYASA 90'			
19H00							KUNDALINI 90'				
19H30		YIN YOGA 60'				HATHA 90'					
20H15					YIN YOGA 60'						