



YogaOrigins  
STUDIO DE YOGA & PILATES

# PLANNING

|       | Lundi                                                                                                | Mardi                                                                                           | Mercredi                                                                                                     | Jeudi                                                                                                          | Vendredi                                                                                                | Samedi                                                                                          | Dimanche                                                                                             |
|-------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 9H30  |  VINYASA YOGA 90'   |  IYENGAR 60'   |                                                                                                              |  YIN YOGA 60'               |                                                                                                         |  PILATES 60' |                                                                                                      |
| 10H00 |                                                                                                      |                                                                                                 |                                                                                                              |                                                                                                                |                                                                                                         |                                                                                                 |  VINYASA YOGA 90' |
| 10H30 |                                                                                                      |                                                                                                 |  LES MILLS BODYBALANCE 60' |                                                                                                                |                                                                                                         |  HATHA 90'   |                                                                                                      |
| 12H30 |  VINYASA DEB 60'   |  VINYASA 60'  |  PILATES 60'               |  LES MILLS BODYBALANCE 60' |  YIN YOGA 60'       |                                                                                                 |                                                                                                      |
| 17H30 |  POWER YOGA 60'   |  PILATES 60' |                                                                                                              |                                                                                                                |                                                                                                         |                                                                                                 |                                                                                                      |
| 18H00 |                                                                                                      |                                                                                                 |                                                                                                              |  PILATES 60'              |  IYENGAR AVAN 120' |                                                                                                 |                                                                                                      |
| 18H30 |  POSTURAL DOS 60' |                                                                                                 |                                                                                                              |                                                                                                                |                                                                                                         |                                                                                                 |                                                                                                      |
| 18H30 |  VINYASA YOGA 90' |  IYENGAR 90' |  IYENGAR 90'              |                                                                                                                |                                                                                                         |                                                                                                 |                                                                                                      |
| 19H00 |                                                                                                      |                                                                                                 |                                                                                                              |  VINYASA 90'              |                                                                                                         |                                                                                                 |                                                                                                      |
| 20H15 |  YIN YOGA 60'     |                                                                                                 |  YIN YOGA 60'             |                                                                                                                |                                                                                                         |                                                                                                 |                                                                                                      |