



YogaOrigins
STUDIO DE YOGA & PILATES

PLANNING

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
STUDIO	STUDIO 1	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 1	STUDIO 1	STUDIO 1
9H30	HATHA FLOW 75'	IYENGAR 90'		YIN YOGA 90'		HATHA 90'	
10H00							VINYASA 90'
10H30			LES MILLS BODYBALANCE 60'	YOGA KIDS 60'			
12H30	VINYASA DEBUTANT 60'		PILATES 60'	LES MILLS BODYBALANCE 60'	YIN YOGA 60'		
14H30			HATHA FLOW 60'	YOGA KIDS 60'			
18H00		PILATES 60'		PILATES 60'	IYENGAR AVAN 60'		
18H30	IYENGAR 90'	IYENGAR 90'	IYENGAR 90'				
19H00				VINYASA 90'			
20H15	PRANAYAMA MEDITATION 60'		YIN YOGA 60'				