

PLANNING YOGA

Dates: — MAISON JANA —

Année

— 2023 —

HORAIRE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI DIMANCHE
8H-9H						
9H15 -10H15	YOGA DOUX	YOGA DOUX		YOGA VINYASA	YOGA WARRIOR	YOGA DOUX
10H30 -11H30		YOGA VINYASA			YOGA PRE NATAL	YOGA VINYASA
12H - 13H						
12H30- 13H30	YOGA VINYASA	YOGA DOUX		YOGA WARRIOR	YOGA DOUX	
17H - 18H						
18H - 19H						
19H30 - 20H30	YOGA VINYASA	YOGA WARRIOR			YOGA VINYASA	