

PLANNING

Yoga Citta 2024-2025



	Matin	Midi	Début Soirée	Fin Soirée
LUNDI		12:30-13:30 VINYASA Marion	18:30-19:30 VINYASA Marion	19:45-20:45 Yoga inversions Marion
MARDI	10:30-11:30 YIN Marion	12:30-13:30 HATHA Marion	18:30-19:30 VINYASA Sarah	19:45-20:45 HATHA Marta
MERCREDI	7:00-9:00 ASHTANGA (Mysore) Bertine	12:30-13:30 VINYASA Sarah	18:30-19:30 YIN Lola	19:45-20:45 VINYASA Lola
JEUDI		12:30-13:30 POWER YOGA Cozette	18:30-19:30 HATHA Cozette	19:45-20:45 VINYASA Coraline
VENREDI	8:30-9:30 VINYASA Marion	12:30-13:30 HATHA Marion	18:15-19:30 YIN Lola / Solène / Laure	
SAMEDI		10:00-11:15 VINYASA Charlène	Ateliers /formations (voir site)	
DIMANCHE	9:30-10:45 HATHA Lorelei	11:00-12:15 VINYASA Lorelei	Ateliers/formations (voir site)	18:15-19:30 YIN Laure