

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

**SALON &
COWORKING**
9h30-18h30

MEDITATION
18h-18h45

**YOGA
HATHA**
19h15-20h15

**SALON &
COWORKING**
9h30-18h30

**COACHING
REUSSITE**
18h-19h

**YOGA
DU VISAGE**
19h15-20h

NEW
dès le 12/11

**SALON &
COWORKING**
9h30-18h30

**PETIT-DEJ &
COWORKING**
9h30-12h30

**YIN YOGA
A LA BOUGIE**
17h30-18h30

**SOPHRO &
COACHING**
19h-20h

**YOGA
NIDRA**
19h-20h

**SALON &
COWORKING**
9h30-18h30

**SOPHRO &
COACHING**
18h30-19h30

**YOGA
KUNDALINI**
18h30-19h45

**SALON &
COWORKING**
9h30-17h30

**SOPHRO &
COACHING**
17h30-18h30

**YOGA
VINYASA DOUX**
19h-20h