

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

COWORKING

9h-18h30

MEDITATION
18h15-19h

**YOGA
HATHA**
19h15-20h15

COWORKING

9h-18h30

**COACHING
REUSSITE**
18h30-19h30

**YOGA
DU VISAGE**
18h30-19h30

NEW
dès le 12/11

COWORKING

9h-18h30

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

**PETIT-DEJ &
COWORKING**

9h-12h

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

**YOGA
NIDRA**
19h-20h

COWORKING

9h-18h30

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

**YOGA
KUNDALINI**
18h30-19h45

COWORKING

9h-17h30

**COACHING
AMOUR**
17h30-18h30

NEW
dès le 06/11

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