

LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

COWORKING

9h-18h30

MEDITATION

18h15-19h

**YOGA
HATHA**

19h15-20h15

COWORKING

9h-18h30

**COACHING
REUSSITE**

18h30-19h30

**YOGA
DU VISAGE**

18h30-19h15

NEW

CREATIVE FLOW
(danse)

20h-21h

NEW

COWORKING

9h-18h30

**SOPHRO &
COACHING**

19h-20h

**PETIT-DEJ &
COWORKING**

9h-12h

**YIN YOGA
A LA BOUGIE**

17h30-18h30

**YOGA NIDRA
A LA BOUGIE**

19h-19h45

COWORKING

9h-18h30

**SOPHRO &
COACHING**

18h30-19h30

**YOGA
KUNDALINI**

18h30-19h45

COWORKING

9h-17h30

**COACHING
AMOUR**

17h30-18h30

NEW

**YOGA
VINYASA DOUX**

19h-20h