

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
7h30 8h00			KRIYA HATHA YOGA	PILATES			
						L'ATELIER FLOW	KINESIO 10h30
13h00		CO-WORKING	CO-WORKING		CO-WORKING	SOPHRO	VINYASA 12h30
		CO-WORKING	CO-WORKING		CO-WORKING		
		CO-WORKING	CO-WORKING		CO-WORKING		
		CO-WORKING	CO-WORKING		CO-WORKING	L'ATELIER CONFERENCE	SOPHRO 14h30
		CO-WORKING	CO-WORKING		CO-WORKING		
		CO-WORKING	CO-WORKING		CO-WORKING		SOPHRO 16h
		CO-WORKING	CO-WORKING		CO-WORKING		
17h00		BAR A SOPHRO	BAR A SOPHRO				
17h30		BAR A SOPHRO	BAR A SOPHRO		COACHING POSITIF	YIN	COACHING & APERO 17h30
18h00		BAR A SOPHRO	BAR A SOPHRO				
19h00	VINYASA DYNAMIQUE	L'ATELIER FLOW	SOPHRO site & online	KRIYA HATHA YOGA	SOPHRO	VINYASA DOUX	19h
20h00 20h15				YIN A LA BOUGIE			

- Yoga & kinésio & pilates
- Sophro & coaching
- Séance individuelle
- Conférence
- Co-working