

LUNDI**MARDI****MERCREDI****JEUDI** **VENDREDI****SALON &
COWORKING**

9h-18h30

De 1h à
la journée,
comme vous
voulez :)**YOGA
HATHA**

19h15-20h15

**SALON &
COWORKING**

9h-18h30

**COACHING
REUSSITE**

18h45-19h30

**CREATIVE FLOW
(danse)**

18h30-19h30

**SALON &
COWORKING**

9h-18h30

**SOPHRO &
COACHING**

18h45-19h45

**YIN YOGA
A LA BOUGIE**

18h30-19h30

**SALON &
COWORKING**

9h-18h30

**SOPHRO &
COACHING**

18h45-19h45

**YOGA
KUNDALINI**

18h30-19h45

**SALON &
COWORKING**

9h-17h30

**COACHING
AMOUR**

17h45-18h30

**YOGA
VINYASA DOUX**

18h45-19h45