

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN						
APRES-MIDI						
SOIR						

12H30 – 13H30
HATHA YOGA
 Studio Ina Yoga

11H00 – 13H30
MOBILITÉ 45 min
YOGA Dynamique
 45 min
HATHA YOGA
 60 min
 Piscine de Champs sur Marne

12H30 – 13H30
HATHA YOGA
 Studio Ina Yoga

9H30 – 12H30
ATELIER MENSUEL
HATHA YOGA
 Studio Ina Yoga

15H00 – 17H
ATELIER MENSUEL
YOGA PARENT/ENFANT
 Studio Ina Yoga
 Champs sur Marne

18H – 19H
HATHA YOGA
 Studio Ina Yoga
 Champs sur Marne

18H – 19H
HATHA YOGA
 Studio Ina Yoga
 Champs sur Marne

19H15 – 20H15
HATHA YOGA
 Studio Ina Yoga

19H15 – 20H15
HATHA YOGA
 Studio Ina Yoga

20H30 – 21H30
HATHA YOGA
 Studio Ina Yoga