



Planning MUDITA YOGA

Année 2026/2027

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H-10H15 HATHA YOGA			9H-10H15 YIN YOGA	9H-10H15 SLOW YOGA	STAGE 1 x MOIS	
YOGA SUR CHAISE 10h30-11h45	10H30-11H45 PILATES 1		YOGA SUR CHAISE 10h30-11h45		9H30 à 12H30	10H30-11H45 HATHA FLOW
12h30-13H45 HATHA FUSION	12h30-13H45 VINYASA YOGA	12h30-13H45 PILATES 2	12h30-13H45 SLOW YOGA	12H30-13H45 YOGA DOUX		
18H-19H15 YOGA VINYASA 1	18H-19H15 VINYASA YOGA 2	18H-19H15 HATHA YOGA	18H-19H15 YIN YOGA	18H-19H15 PILATES FIT		
19H30-20H45 YOGA VINYASA 2	19H30-20H45 INSIDE FLOW	19H30-20H45 HATHA FUSION	19h30-20h45 VINYASA YOGA 2	SOIRÉE YOGA 1 X MOIS 19H30-21H		

Marion

Emilie

Mario

Karolina

Stacy

*Planning sous réserve de modifications