



Planning MUDITA YOGA

Année 2025/2026

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H-10H15 HATHA YOGA	9h-10h15 PILATES 1		9H-10H15 YIN YOGA	9H-10H15 SLOW YOGA	STAGE 1 x MOIS	
YIN YOGA 10h30-11h45	10H30-11H45 PILATES 1				9H30 à 12H30	10H30-11H45 HATHA FLOW
12h30-13H45 HATHA FUSION	12h30-13H45 VINYASA YOGA	12h30-13H45 PILATES 2		12H30-13H45 POWER VINYASA		
18H-19H15 YOGA VINYASA 1	18H-19H15 VINYASA YOGA 2	18H-19H15 HATHA YOGA	18H-19H15 YIN YOGA			
19H30-20H45 YOGA VINYASA 2	19H30-20H45 INSIDE FLOW	19H30-20H45 HATHA FUSION	19h30-21h ASHTANGA LEVEL 2	CANDLELIGHT 1 X MOIS 19H-20H30		

Marion

Emilie

Mario

Karolina

Rebecca

*Planning sous réserve de modifications