



# Planning MUDITA YOGA

Année 2024/2025

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

Marion

Emilie

Mario

Karolina

\*Planning sous réserve de modifications