



# Planning

## COURS COLLECTIFS



### CHEZ CASA YOGA - SHANTI YOGA

	MON	TUE	WED	THU	FRI
CASA YOGA	yin yoga 9h30 - 10H30	Body Up 10h- 10H45		YOGA 19H - 20H	
	YOGA vinyasa 10H30 - 11H30				

	MON	TUE	WED	THU	FRI
SHANTI YOGA	Hatha Yoga 17h30 - 18H45		Vinyasa Yoga 18H15- 19H30 & 19h45 - 21H		
	vinyasa yoga 19h - 20h15				



PLANNING COURS EN ENTREPRISE COMPLET  
ET PARTICULIERS  
COMPLET JUSQUE DECEMBRE 2022

