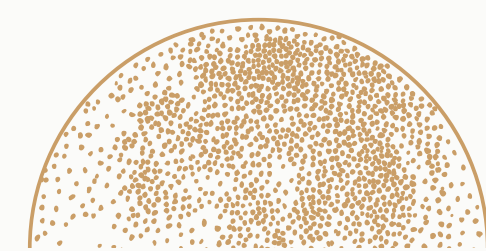


# PLANNING PRANA YOGA IFS - RENTRÉE 2024



LUNDI 9H - 19H

7H45 - 8H45

WAKE UP YOGA

VIRGINIE

9H - 9H45

ENTREPRISE MK1

11H - 12H15

YIN YOGA

CLAIRE

12H30 - 13H30

HATHA YOGA

LYDIE

17H15 - 18H15

HATHA YOGA

LYDIE

18H30 - 19H45

YINYANG YOGA

CLAIRE

MARDI 9H - 19H

9H - 9H45

ENTREPRISE MK1

17H45 - 18H45

VINYASA YOGA

CLAIRE

19H - 20H15

YIN YOGA SONORE

EMMANUELLE

MERCREDI 9H



12H30 - 13H30

YOGA SCULPT

SALOME



JEUDI 10H - 19H



19H - 20H

VINYASA YOGA

SALOME

