

PRANA YOGA IFS

PLANNING HEBDOMADAIRE 2025

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30 - 10H45
HATHA YOGA
ANH



11H - 12H15
YIN YOGA
CLAIRE

11H - 12H15
YOGA PRENATAL
ANH



11H - 12H15
HATHA/ YIN/ VINYASA
Consulter planning site
internet

12H30 - 13H30
HATHA YOGA
LYDIE



12H30 - 13H30
YOGA SCULPT
SALOME

12H - 13H
ENTREPRISE
MK1

12H30 - 13H30
VINYASA YOGA
JUSTINE



14H - 15H15
YOGA POSTNATAL
ANH



18H30 - 19H45
YINYANG
CLAIRE

18H30 - 19H45
YOGA PRENATAL*
ANH

18H30 - 19H30
HATHA YOGA
LYDIE

18H - 19H
HATHA FLOW
HELENE

19H15 - 20H15
VINYASA YOGA
SALOME

* 1 semaine/2

