



YogaOrigins  
STUDIO DE YOGA & PILATES

# PLANNING

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
STUDIO	STUDIO 1	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 1
9H00						🧘 HATHA 90'	🌿 VINYASA DEBUTANT 75'
9H30	🧘 HATHA FLOW 75'	🌿 VINYASA DEBUTANT 75'		🧘 YIN YOGA 90'	🏋️ PILATES 60'		
10H30							🏋️ PILATES 60'
12H30	🌿 VINYASA 60'			🏋️ PILATES 60'	🧘 HATHA YOGA 60'	🧘 YIN YOGA 60'	
13H15			🌿 VINYASA 60'				
14H30			🧘 HATHA FLOW 60'				
17H15			🏋️ BODY STRETCH 60'				
18H00	🌿 VINYASA 75'	🏋️ PILATES 60'		🧘 RENFO POSTURAL 60'			
18H30		🧘 HATHA YOGA 75'	🧘 KUNDALINI 90'		🧘 HATHA YOGA 90'	🧘 IYENGAR AVAN 90'	
19H15				🌿 VINYASA 75'			
19H30	🧘 YIN YOGA 60'						
20H00		🧘 YIN YOGA 60'					