




## HORAIRES 2020-2021 du 7 au 12 septembre 2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN				6h45/8h Iyengar 2	10h15/11h30 Iyengar 1	<b>Matinée Portes Ouvertes de 9h à 13h</b>  <b>Cours de vinyasa, Iyengar, Kyndalini, Pilates</b>
	10h15/11h30 Iyengar 1 (doux)		9h30/11h30 Iyengar 3/4	10h15/11h30 Hatha Yoga		
MIDI	12h15/13h15 Iyengar 1	12h15/13h15 Vinyasa 1-2	12h15/13h15 Vinyasa 2-3	12h15/13h15 Ashtanga 1-2	12h15/13h15/30 Iyengar 2	
				12h15-13h15 Vinyasa doux		
APRES MIDI	 <p>Equilibres Yoga 177 av du Grand Verger 73000 CHAMBERY  <a href="http://www.equilibresyoga.fr">www.equilibresyoga.fr</a>   <b>ÉQUILIBRES YOGA</b>            0677775447</p>					
SOIRÉE	18h/19h15 Iyengar 1	18h/19h15 Vinyasa 2		18h/19h15 Iyengar 3	17h30-18h45 Vinyasa doux	
	19h30/20h45 Iyengar 2	19h30/20h45 Ashtanga 1	19h/21h Ashtanga Mysore 2	19h30 20h45 Iyengar Tous niveaux		