



Yoga4You.be

Cours YOGA via ZOOM et VIDEOS de qualité

2 semaines essai gratuit, 6 profs, 16 cours/sem

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIM
8h -9h	Daniela - Yoga du Dos			Sandrina - Kundalini Yoga	Daniela Yoga Detox		
9h-10h			9h Daniela- Yoga Immunité			Emma- Yoga de Gasquet	
9h30-10h30			9h30 Madeleine Yoga Santé				
11h-12h						Jessica- Yoga du Matin	
12h15-13h15		Paulette - Lunch Break Yoga			Paulette Lunch Break Yoga		
17h							
18h30 - 19h30	Paulette - Yoga Anti-stress		Daniela Yoga du Soir - Chakras & Méditation	Jessica Yoga Flow			
19h00-20h15	Jessica - Yoga Alignement`						
19h30-20h30		Emma - Yin Yoga		Madeleine Yoga Ashtanga			
20h00-21h30			Sandrina - Sivananda Yoga				