



Yoga4You.be

Cours ZOOM en direct & VIDEOS de qualité

12 profs, plus de 20 cours/sem, 2 sem gratuites

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h -9h	Daniela -Yoga du Dos	8h - 8h45 Dominique - Yoga & Méditation Pleine Conscience		7h45-9h Sandrina - Yoga Kundalini	Daniela - Yoga Detox - Corps & Mental		
9h-10h	9h30-10h30 David - Yoga Santé		Daniela- Yoga Immunité			Emma- Yoga de Gasquet - Dos et Abdos	
10h-11h							
11h-12h						Jessica - Yoga du Matin	
12h15-13h15		Paulette - Lunch Break Yoga		Irene - Hatha Yoga	Paulette - Lunch Break Yoga		
14h-17h			14h30-15h30 Anne Remise en forme de Gasquet				
17h-18h							
18h-19h		Anne - Remise en forme de Gasquet					Marianne Hatha Yoga
18h30-19h30	Paulette - Yoga Anti-Stress			Jessica - Yoga Flow			
19h-20h	Jessica - Yoga Alignement						
19h30-20h30		Emma - Yin Yoga	19h30-21h Sandrina – Yoga Sivananda /				
20h-21h	Irene -Hatha yoga - Italien		19h45-21h Marianne Hatha Yoga				