

# Planning Aix-en-Provence

## Lundi

12:30 - 13:30	Pilates	Cécile
12:30 - 13:30	Alignement	Cécile M
18:00 - 19:00	Qi Gong	Hervé
19:00 - 20:00	Yoga Vinyasa	Elise

## Mardi

08:00 - 09:00	Yoga Ashtanga	Christine
10:00 - 11:00	Pilates Soft	Cécile
12:30 - 13:30	Hatha Yoga	Maria Luisa
12:30 - 13:30	Yoga Ashtanga	Emma
18:00 - 19:00	Pilates	Annie

## Mercredi

09:15 - 10:15	Yoga Vinyasa	Nathalie
10:00 - 11:00	Pilates/ yoga prénatal	Cécile
12:30 - 13:30	Pilates	Cécile
12:30 - 13:30	Yoga Vinyasa	Julie
17:45 - 18:45	Hormones Yoga	Martine
18:30 - 19:30	Hatha Yoga	Maria Luisa
19:30 - 20:30	Yoga Ashtanga	Emmanuelle

## Jeudi

09:30 - 10:30	Pilates	Annie
12:30 - 13:30	Yoga Iyengar	Karen
12:30 - 13:30	Yoga Ashtanga	Maria Luisa
18:45 - 19:45	Pilates	Cécile
19:45 - 20:45	Yoga Vinyasa	Cécile M

## Vendredi

11:30 - 12:30	Qi Gong	Arnaud Schewin
12:30 - 13:30	Yoga Ashtanga	Emma
18:30 - 19:30	Yoga Ashtanga	Violeta

## Samedi

09:00 - 10:00	Pilates	Annie
10:00 - 11:00	Yoga Vinyasa	Nathalie

## Dimanche

18:30 - 19:30	Yoga Vinyasa	Julie
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