

**LUNDI****MARDI****MERCREDI****JEUDI****VENREDI****SAMEDI****DIMANCHE**

VINYASA  
YOGA  
12h30 – 13h30

INITIATION  
SOPHRO  
13h – 13h45

BIKINI  
19h – 19h45

PORT DE  
BRAS™  
19h45 – 20h30

AIR DANCING  
YOGA  
20h30 – 21h30

AIR DANCING  
YOGA  
12h15 – 13h

PORT DE  
BRAS™  
13h – 13h45

PILATES  
18h30 – 19h30

HATHA YOGA  
19h30 – 20h30

VINYASA  
YOGA  
20h30 – 21h30

ASHTANGA  
YOGA  
12h – 13h

INITIATION  
SOPHRO  
13h15 – 14h

YOGA  
ENFANTS  
16h30 – 17h30

ABD/FES  
19h15 – 20h

YOGA DU  
VISAGE  
20h – 20h30

PILATES  
12h30 – 13h30

PORT DE  
BRAS™  
18h30 – 19h15

AIR DANCING  
YOGA  
19h15 – 20h

HATHA YOGA  
12h30 – 13h30

PILATES  
19h – 19h45

ASHTANGA  
YOGA  
9h30 – 11h

PILATES  
14h – 15h

# STUDIO AIR

YOGA & PRATIQUES BIEN-ÊTRE

VISIO

9 RUE  
CURIE

MAISON DE  
QUARTIER DES CHÊNES

MEDITATION  
PRANAYAMA  
10h – 10h30

HATHA YOGA  
10h30 – 12h

YIN YOGA  
12h – 13h

PORT DE  
BRAS™  
18h – 19h

AIR DANCING  
YOGA  
19h – 20h