

LE QUERRIER

Planning 2023-2024



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI <i>Tous les 15 jours</i>	DIMANCHE
		8h 30 – 9h 30 VINYASA YOGA				
10h30 – 11h30 YIN YOGA KAP CARE Mérignac		9h 30 – 10h 30 VINYASA YOGA CrossFit MARTILLAC	10h 30 – 11h 30 VINYASA YOGA CrossFit MARTILLAC	10h00 – 11h00 HATHA YOGA AQUAFIT Bordeaux	10h 15 – 11h 15 HATHA YOGA 11h 45 – 13h 00 YOGA Avancé Hatha Yoga Dynamique PESSAC	Cours Privés Ateliers
12h 30 – 13h 15 VINYASA YOGA KAP CARE Mérignac	12h 15 – 13h 15 POWER YOGA CEA Bordeaux	11h 00 – 12h 00 HATHA YOGA UCPA Bordeaux	12h 15 – 13h 15 HATHA YOGA UCPA Bordeaux	12h 00 – 13h 00 HATHA YOGA UCPA Bordeaux		
17h 00 – 18h 00 YIN YOGA 18h15 – 19h30 HATHA YOGA DYNAMIQUE Espace MABE La Teste de Buch	17h 45 – 18h 30 CHI FLOW 18h 45 – 19h 30 19h 45 – 20h 45 VINYASA YOGA KAP CARE Mérignac		17h 30 – 18h 30 HATHA YOGA 18h 45 – 19h 30 CHI FLOW KAP CARE Mérignac	19h 00 – 20h 00 HATHA YOGA UCPA Bordeaux		

Pensez à réserver votre cours sur les sites des studios