

Planning Saison 2026-2027

Bassin d'Arcachon, Mérignac, Pessac

Lundi

10h 30 -11h 30

YIN YOGA

12h 30 -13h 30

VINYASA YOGA

KAP CARE Mérignac

18h 30 -19h 30

VINYASA YOGA

19h 30 - 20h 30

HATHA YOGA

CAMICAS by DARWIN

La Teste de Buch

Mardi

09h 30 - 10h 30

YOGA SUR CHAISE

DOJO Cazaux

12h 30 -13h 30

POWER YOGA

CEA Pessac

17h 30 -18h 30

YIN YOGA

18h 45 -19h 30

CHI FLOW

19h 45 - 21h 00

VINYASA

Inversions

KAP CARE Mérignac

Mercredi

19h 30 - 20h 30

VINYASA YOGA

CLUB BIEN ETRE GUJAN

Gujan Mestras

Jeudi

09h 30 - 10h 30

YOGA SUR CHAISE

Complexe J. Passicousset

La Teste de Buch

19h 15 -20h 30

VINYASA YOGA

Complexe J. Passicousset

La Teste de Buch

Vendredi

18h 00 - 19h 15

HATHA FLOW

19h 30 - 20h 30

YIN YOGA

Complexe J. Passicousset

La Teste de Buch

Samedi

09h 30 - 10h 30

VERTICAL

RENFO - HANDSTAND

11h 00 - 12h 15

HATHA YOGA

Complexe J. Passicousset

La Teste de Buch

