

PLANNING YAMA YOGA - MARSEILLE - 2026-2027

LUNDI

7h-9h
Mysore
Virginia/Agathe

12h15-13h45
Back Bend
Force & Souplesse
Agathe

19h15-20h30
Ashtanga
les bases
Nicolas

MARDI

7h-9h
Mysore
Nicolas

12h15-13h30
Ashtanga
Nicolas

18h30-20h30
Mysore
Justine

MERCREDI

7h-9h
Mysore
Justine

12h15-14h
Mysore
Justine/Juliette

17h-18h15
Ashtanga
Virginia

18h30-20h
Back Bend
Force & Souplesse
Juliette

JEUDI

7h-9h
Mysore
Ashtanga
& Prana Vashya
Juliette

12h15-13h30
Ashtanga
Juliette

18h30-19h30
Renforcement/Pilates
Agathe

VENDREDI

7h-9h
Mysore
Ashtanga
& Prana Vashya
Juliette

11h-12h
Yin Yoga
Agat/Marie

12h15-13h45
Prana Vashya
les bases
Agathe/Juliette

18h30-20h
Mysore/Ashtanga
Virginia

SAMEDI

9h-10h45
1re série dirigée
Juliette/Justine
Agathe

1re série
Prana Vashya
1 fois/trimestre

1re série
en Full Vinyasa
1 fois/trimestre

17h30-18h45
Ashtanga sur donation
Antoine/Justine
Audrey/Joanna

DIMANCHE

18h-19h15
Yoga du dimanche
Agat/Antoine
Audrey/Joanna