

LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

**COWORKING**

9h-18h30

**MEDITATION**  
18h15-19h

**YOGA  
HATHA**  
19h15-20h15

**COWORKING**

9h-18h30

**COACHING  
REUSSITE**  
18h30-19h30

**YOGA  
DU VISAGE**  
18h30-19h30

**NEW**  
dès le 12/11

**COWORKING**

9h-18h30

**SOPHRO &  
COACHING**  
19h-20h

**PETIT-DEJ &  
COWORKING**

9h-12h

**YIN YOGA  
A LA BOUGIE**  
17h30-18h30

**YOGA  
NIDRA**  
19h-20h

**COWORKING**

9h-18h30

**SOPHRO &  
COACHING**  
18h30-19h30

**YOGA  
KUNDALINI**  
18h30-19h45

**COWORKING**

9h-17h30

**SOPHRO &  
COACHING**  
17h30-18h30

**YOGA  
VINYASA DOUX**  
19h-20h