



**Yoga4You.be**

**Cours ZOOM en direct & VIDEOS de qualité**

**12 profs, plus de 20 cours/sem, 2 sem gratuites**

|             | LUNDI                               | MARDI                                                              | MERCREDI                                          | JEUDI                                            | VENDREDI                                    | SAMEDI                                     | DIMANCHE               |
|-------------|-------------------------------------|--------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------|---------------------------------------------|--------------------------------------------|------------------------|
| 8h -9h      | Daniela -Yoga<br>du Dos             | 8h - 8h45<br>Dominique - Yoga<br>& Méditation<br>Pleine Conscience |                                                   | 7h45-9h<br>Sandrina - Yoga<br>Kundalini          | Daniela - Yoga<br>Detox - Corps &<br>Mental |                                            |                        |
| 9h-10h      | 9h30-10h30<br>David - Yoga<br>Santé |                                                                    | Daniela- Yoga<br>Immunité                         |                                                  |                                             | Emma- Yoga<br>de Gasquet -<br>Dos et Abdos |                        |
| 10h-11h     |                                     |                                                                    |                                                   |                                                  |                                             |                                            |                        |
| 11h-12h     | 11h30-12h30<br>Sandy - Pilates      |                                                                    |                                                   |                                                  |                                             | Jessica - Yoga<br>du Matin                 |                        |
| 12h15-13h15 |                                     | Paulette - Lunch<br>Break Yoga                                     |                                                   | Irene - Hatha<br>Yoga                            | Paulette - Lunch<br>Break Yoga              |                                            |                        |
| 14h-17h     |                                     |                                                                    | 14h30-15h30 Anne<br>Remise en forme de<br>Gasquet |                                                  |                                             |                                            |                        |
| 17h-18h     |                                     |                                                                    |                                                   |                                                  |                                             |                                            |                        |
| 18h-19h     |                                     | Anne - Remise en<br>forme de Gasquet                               |                                                   | David - Hatha<br>Yoga Intégral à<br>partir 29/04 |                                             |                                            | Marianne<br>Hatha Yoga |
| 18h30-19h30 | Paulette - Yoga<br>Anti-Stress      |                                                                    |                                                   | Jessica - Yoga<br>Flow                           |                                             |                                            |                        |
| 19h-20h     | Jessica - Yoga<br>Alignement        |                                                                    |                                                   |                                                  |                                             |                                            |                        |
| 19h30-20h30 |                                     | Emma - Yin Yoga                                                    | 19h30-21h Sandrina –<br>Yoga Sivananda /          |                                                  |                                             |                                            |                        |
| 20h-21h     | Irene -Hatha<br>yoga - Italien      |                                                                    | 19h45-21h Marianne<br>Hatha Yoga                  |                                                  |                                             |                                            |                        |