

# PLANNING 2024-2025

LUNDI
<p>YIN YOGA 10h 30 – 11h 30 Kap Care Mérignac</p> <p>VINYASA YOGA 12h 30 – 13h 30 Kap Care Mérignac</p> <p>HATHA YOGA 18h 30 – 19h 45 Espace MABE La Teste de Buch</p>

MARDI
<p>YOGA SENIOR 9h 30 – 10h 30 Dojo Clavier Cazaux</p> <p>POWER YOGA 12h 30 – 13h 30 CEA Pessac</p> <p>HATHA YOGA 17h 30 – 18h 30 Kap Care Mérignac</p> <p>CHI FLOW 18h 45 – 19h 30 Kap Care Mérignac</p> <p>VINYASA YOGA 19h45 – 20h 45 Kap Care Mérignac</p>

MERCREDI
<p>VINYASA YOGA 20h 00 – 21h 15 Espace MABE La Teste de Buch</p>

JEUDI
<p>VINYASA YOGA 9h 30 – 10h 30 Dojo Clavier Cazaux</p> <p>HATHA YOGA 12h 15 – 13h 30 UCPA Aquastadium Mérignac</p>

VENREDI
<p>HATHA YOGA 12h 00 – 13h 15 UCPA Aquastadium Mérignac</p> <p>PILATES FLOW 17h 00 – 18h 00 UCPA Aquastadium Mérignac</p> <p>HATHA YOGA 19h 00 – 20h 15 UCPA Aquastadium Mérignac</p>