



LE GUERRIER
yoga studio

PLANNING 2024- 2025

LUNDI

10H30 - 11H30

YIN YOGA
Kap Care MERIGNAC

12H30 - 13H30

VINYASA YOGA
Kap Care MERIGNAC

18H30 - 19H45

HATHA YOGA
Espace MABE
LA TESTE DE BUCH
Cours complet

MARDI

9H30 - 10H30

YOGA SENIOR
Dojo CAZAUX

12H30 - 13H30

POWER YOGA
CEA PESSAC

17H30 - 18H30
HATHA YOGA

18H45 - 19H30

CHI FLOW
19H45 - 20H45
VINYASA YOGA
Kap Care MERIGNAC

MERCREDI

11H00 - 12H00

HATHA YOGA
Aqua Stadium MERIGNAC

20H00 - 21H15

VINYASA YOGA
Espace MABE
LA TESTE DE BUCH



JEUDI

9H30 - 10H30

VINYASA YOGA
Dojo CAZAUX

12H15 - 13H30

HATHA YOGA
Aqua Stadium MERIGNAC



VENDREDI

12H00 - 13H15

HATHA YOGA
Aqua Stadium MERIGNAC

19H00 - 20H00
HATHA YOGA
Aqua Stadium MERIGNAC

SAMEDI & DIMANCHE

Ateliers et Stages

Mario Ambrosini

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