

Studio Grand'Rue 23

Planning octobre 2026

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi		Dimanche	
Ana: 078 707 74 37		Sylvie: 079 825 76 91		Aude: 078 691 93 13		1		2 12h15 yoga jeune maman 18h GROOVE		3		4	
5 18h15 Viniyoga		6 19h Hatha Yoga		7 17h Yoga Chaise 18h30 Fascia Yoga		8		9 12h15 yoga jeune maman		10		11	
12 18h15 Viniyoga		13 19h Hatha Yoga		14 17h Yoga Chaise 18h30 Fascia Yoga		15		16		17		18	
19 18h15- Viniyoga		20 19h Hatha Yoga		21 17h Yoga Chaise 18h30 Fascia Yoga		22		23		24		25	
26 18h15 Viniyoga		27		28 17h Yoga Chaise 18h30 Fascia Yoga		29 20h Bols Tibétains		30 12h15 yoga jeune maman 19h-22h Atelier DYS* Danse,Yoga,Sons		31 *Atelier exceptionnel infos www.anagloor.ch		1	