

# Yoga Studio

## Planning février 2026

| Lundi                    | Mardi                   | Mercredi                                        | Jeudi                       | Vendredi            | Samedi                                        | Dimanche |
|--------------------------|-------------------------|-------------------------------------------------|-----------------------------|---------------------|-----------------------------------------------|----------|
| Sylvie:<br>079 825 76 91 | Ana:<br>078 707 74 37   |                                                 |                             |                     |                                               | 1        |
| 2<br>18h15<br>Viniyoga   | 3<br>19h<br>Hatha Yoga  | 4<br>17h<br>Yoga Chaise<br>18h30<br>Hatha Yoga  | 5                           | 6                   | 7<br>9h<br>Hatha Yoga                         | 8        |
| 9<br>18h15<br>Viniyoga   | 10<br>19h<br>Hatha Yoga | 11<br>17h<br>Yoga Chaise<br>18h30<br>Hatha Yoga | 12                          | 13<br>18h<br>GROOVE | 14<br>9h<br>Hatha Yoga                        | 15       |
| 16<br>18h15<br>Viniyoga  | 17<br>19h<br>Hatha Yoga | 18<br>17h<br>Yoga Chaise<br>18h30<br>Hatha Yoga | 19<br>20h<br>Bols Tibétains | 20                  | 21<br>9h<br>Hatha Yoga                        | 22       |
| 23<br>18h15<br>Viniyoga  | 24<br>19h<br>Hatha Yoga | 25<br>17h<br>Yoga Chaise<br>18h30<br>Hatha Yoga | 26                          | 27                  | 28<br>9h<br>Hatha Yoga<br>10h<br>Danse Libre* |          |