

**L' Atelier du Passage Bleu
PLANNING 2021/2022**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8h	MORNING YOGA Sanjay KHAN 6h-7h					
9h		HATHA YOGA Jean-Loup THIRY		HATHA YOGA FLOW Sanjay KHAN 9h45-11h		HATHA YOGA Nabil 9h-10h
10h		9h-10h30				YOGA PILATES Nabil 10h15-11h15
11h	QI GONG Isabelle COSTET 10h-11h	10h30-12h				POWER YOGA Nabil 11h30-12h30
12h		YOGA Christine FINANCE 12h-13h45	RELAXATION Nabil 12h45-13h45	YOGA Aline 12h30-13h45		
13h						
14h						
15h						
16h					DESSIN Thierry MARIE	<i>1er et 3ème du mois :</i>
17h	YOGA PILATES Nabil 17h30-18h30	HATHA YOGA Sanjay KHAN 17h30-18h30	YOGA VINYASA Marilyne TONELLI 18h-19h15	HATHA YOGA Jean-Loup THIRY 17h-18h30	15h30-17h30	SEANCES D'ACADEMIE Thierry 15h-19h30
18h		18h45-20h	HATHA YOGA Sanjay KHAN 19h30-20h45	17h-18h30	17h30-19h30	
19h	YOGA VINYASA Marilyne TONELLI 19h-20h15			18h30-20h		
20h			YIN YOGA Nabil 21h - 22h	20h-21h30	19h30-21h30	
21h						
22h						