

L' Atelier du Passage Bleu
 PLANNING 2022/2023

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