

L	M	M	J	V	S
	<p>7H-10H</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>ZOOM</p>		<p>7H-10H</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>ZOOM</p>		<p>8H30-10H</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>ZOOM</p>
<p>10H-11H</p> <p>ASHTANGA YOGA DEBUTANTS</p> <p>10H30-12H30</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>LIMOGES</p> <p>ESPACE YOGASANA</p>		<p>11H-12H</p> <p>KINSTRETCH®</p> <p>FONDAMENTAUX & VERTEBRALE</p> <p>10H30-11H30</p> <p>ESPACE YOGASANA</p>		<p>11H-12H</p> <p>KINSTRETCH®</p> <p>ENTRAINEMENT SPECIFIQUES</p> <p>MEMBRES INFERIEUR/ SUPERIEURS</p> <p>ESPACE YOGASANA</p>	
		<p>12H-14H</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>LIMOGES</p> <p>ESPACE YOGASANA</p>		<p>12H-14H</p> <p>ASHTANGA YOGA AUTO-PRACTIQUE</p> <p>LIMOGES</p> <p>ESPACE YOGASANA</p>	
<p>18H-19H</p> <p>KINSTRETCH® INTRO FONDAMENTAUX</p> <p>ZOOM</p> <p>REPLAY POSSIBLE PENDANT 7 JOURS</p>					