



planning

monstudio-yoga.fr

La Garenne



bébé
friendly

lundi mardi mercredi jeudi vendredi samedi dimanche

8:00
LAURE ANNE
Yin-Yang

10:15
CAROLINE
Yoga pré & postnatal

12:30
STÉPHANIE
Yoga Sculpt

19:00
MARIE-ANNE
Ballet Sculpt

20:00
STEPH R
Mobilité & stretch

9:45
FANNY
Basics Vinyasa

14:00
VAL
Sophrologie

15:15
VAL
Pilates

12:30
SUZIE
Pilates

18:15
FANNY
Vinyasa Flow

19:30
FANNY
Yin

9:00
AUDREY
Renforcement musculaire

11:00
JULIETTE
Yoga Fondations

17:45
KARIMA
Vinyasa intense

19:00
KARIMA
Yin

10:00
HANNA
Hatha doux

12:15
LAURE ANNE
Yogilates

19:15
MEZIVA
Vinyasa intense

20:00
EMILIE
Hatha

12:30
MARIE-ANNE
Barre au sol

15:00
HANNA
Yoga kids

18:45
STÉPHANIE
Yoga de Gasquet

20:00
SOPHIE
Basics Vinyasa

12:15
MARIANNE
Hatha

18:45
STÉPHANIE
Basics Vinyasa

20:00
STÉPHANIE
Pilates de Gasquet





planning

monstudio-yoga.fr

Courbevoie



bébé
friendly

lundi

mardi

mercredi

jeudi

vendredi

samedi

dimanche

STEPH R.

7:45

Yin-Yang

STÉPHANIE

10:15

Yoga
de Gasquet

MÉLINDA

12:15

Yogilates

CAROLINE

12:15

Basics
Vinyasa

CAROLINE

13:30

Yoga pré &
postnatal

KARIMA

12:30

Vinyasa
Flow

STÉPHANIE

8:55

Yoga
Sculpt

STÉPHANIE

10:05

Yoga
de Gasquet

CASSANDRA

11:15

Vinyasa
Flow

12:25

Vinyasa
intense

KIM

9:20

Basics
Vinyasa

KIM

10:30

Vinyasa
Flow

KIM

11:40

Hatha

HANNA

11:15

Yoga pré &
postnatal

HANNA

12:30

Basics
Vinyasa

LAURE ANNE

17:40

Hatha

LAURE ANNE

18:50

Yogilates

VAL

20:00

Pilates

MARIANNE

12:30

Hatha

KIM

18:45

Basics
Vinyasa

KIM

20:00

Hatha

SUZIE

18:55

Pilates

MEZIVA

20:05

Vinyasa
intense

FANNY

21:15

Yin relaxant &
bain sonore

STEPH R.

18:30

Hatha

CASSANDRA

19:45

Yin-Yang

STÉPHANIE

18:15

Basics
Vinyasa

EMILIE

19:30

Yin

VAL

17:00

Pilates

BÉRENGÈRE

18:15

Yoga
féminin

1 semaine sur 3

VIRGINIE

17:40

Yoga
Fondations

VIRGINIE

18:50

Yin

