
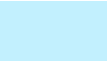



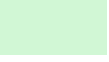



## THE HAPPY PLACE : COURS 2020-2021

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Hatha Vinyasa Yoga 6h - 7h				Hatha Vinyasa Yoga 8h45 - 9h45		
	Pilates 9h30 - 10h30	Danse enfants 9h30 - 11h	Hatha Yoga 9h45 - 11h	Hatha Yoga 10h - 11h15		
Hatha Yoga 14h15 - 15h30	Qi-Gong 14h - 15h30			Hatha Yoga 14h15 - 15h30		
			Yoga Prénatal 16h - 17h	Yoga dos 16h - 17h		
Hatha Yoga 17h45 - 19h	Hatha Vinyasa Yoga 17h30 - 18h30	Hatha Vinyasa Yoga 17h - 18h15	Hatha Yoga 17h15 - 18h30	Pilates 17h15 - 18h15		
	Hatha Vinyasa Yoga 18h45 - 19h45	Hatha Vinyasa Yoga 18h30 - 19h45	Hatha Yoga 18h45 - 20h	Qi-Gong 18h30 - 19h30	Pilates 18h - 19h	Tai-Chi 18h - 19h30
Pilates 19h15 - 20h15	Yoga Vinyasa Flow 20h - 21h15			Tai-Chi Chuan 19h30 - 20h30	Hatha Yoga 19h15 - 20h30	

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