

Janvier 2021



ASHTANGA YOGA PARIS

Lundi / Monday		Mardi / Tuesday		Mercredi / Wednesday		Jeudi / Thursday		Vendredi / Friday		Samedi / Saturday		Dimanche / Sunday	
ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2	ZOOM 1	ZOOM 2
9:30 - 10:30 Gentle Morning Yoga Linda	8:00 - 09:45 Mysore Gérald		8:00 - 09:45 Mysore Gérald		8:00 - 09:45 Ashtanga Guidé + Pranayama Gérald		8:00 - 09:45 Mysore Agata						
			10:00 - 11:00 Ashtanga Débutant Jeanne		11:30 - 13:00 Ashtanga 1 Perle	9:00 - 10:15 Gentle Morning Yoga Linda		10:30 - 12:30 Sanskrit Guided Primary Series + Q&A Gérald	10:00 - 11:15 Soft Vinyasa Céline T	10:30 - 12:00 Ashtanga Alignment Linda	10:30 - 11:45 Yin Restorative Céline B		10:30 - 12:15 Ashtanga Guidé + Pranayama Gérald
			12:30 - 14:00 Ashtanga 1-2 Céline T	12:30 - 13:45 Soft Vinyasa Paola			12:30 - 14:00 Ashtanga 1-2 Perle					11:00 - 12:00 Ashtanga Débutant Yvan	
	12:30 - 14:00 Ashtanga 1-2 Céline B										12:30 - 14:00 Vinyasa 2-3 Celine B	12:30 - 14:00 Ashtanga 1-2 Yvan	
											14:30 - 15:30 Ashtanga Débutant Agata		14:30 - 16:00 Vinyasa 1-2 Agata
												16:30 - 18:00 Ashtanga 2 Lee	
										16:00 - 18:00 Sanskrit Guided Primary Series + Q&A Gérald			
											16:30 - 18:00 Ashtanga 1 Alick		
	17:30 - 18:45 Ashtanga 1 Jeanne	17:00 - 18:15 Vinyasa 1-2 Perle											
			18:00 - 19:15 Ashtanga 1 Claire	17:30 - 18:45 Ashtanga 2 Yvan		18:00 - 19:00 Ashtanga Débutant Gérald	18:00 - 19:15 Soft Vinyasa Perle	18:00 - 19:15 Ashtanga 1-2 Céline T					18:00 - 19:15 Restorative Paola
		18:30 - 20:00 Strong Vinyasa 2 Linda			18:00 - 19:00 Ashtanga Débutant Céline B				18:30 - 19:45 Ashtanga Déb + Respiration Nancy		18:30 - 20:00 Vinyasa 1-2 Alick	18:30 - 19:45 Gentle Yoga Mix Linda	
19:00 - 20:30 Vinyasa 1-2 Claire	19:15 - 20:30 Ashtanga 2 Alick		19:30 - 20:30 Soft Vinyasa Alick	19:00 - 20:15 Ashtanga 1 Nancy		19:15 - 20:30 Ashtanga 2-3 Gérald							
				20:30 - 21:30 Yoga Sutra Linda	19:15 - 20:15 Vinyasa 1 Céline B		20:00 - 21:30 Ashtanga 1 Claire	19:30 - 20:30 Vinyasa 2 Céline T					