

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
	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						
9:30 - 10:45 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	10:45 - 12:00 Yin Yoga 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 Perle			12:30 - 14:00 Ashtanga 1-2 Perle						
											12:30 - 14:00 Vinyasa 2-3 Celine B	12:30 - 14:00 Ashtanga 1-2 Yvan	
													14:30 - 16:00 Vinyasa 1-2 Agata
										16:00 - 17:45 Sanskrit Guided Primary Series Gérald			
											16:30 - 18:00 Ashtanga 1 Alick		
		17:00 - 18:15 Vinyasa 1-2 Perle											
	18:00 - 19:00 Ashtanga 1 Céline G		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 Débutants Céline B.				18:30 - 19:45 Ashtanga Déb + Respiration Nancy		18:30 - 20:00 Vinyasa 1-2 Alick		
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		19:30 - 21:00 Ashtanga 1 Claire	19:30 - 20:30 Vinyasa 2 Céline T					