

naadayoga

Lundi

7h30-8h30 Rise and Shine w/ Marielle
10h-11h30 Niveau 2 w/ Pascale
12h-12h45 Energizer ½ w/ Pascale
17h-18h Yogawall Relaxation w/ Michael **
18h30-19h30 Niveau 1 w/ Xavier
20h-21h Yoga pour la force w/ Xavier

Mercredi

10h-11h30 Niveau 2/3 w/ Pascale
12h-12h45 Energizer ½ w/ Pascale
17h45-18h15 Meditation w/ Pascale
18h30-19h30 Niveau 1 w/ Pascale

Vendredi

10h-11h30 Niveau 2 w/ Marielle
12h-12h45 Prenatal w/ Marielle
17h-18h Niveau 2/3 w/ Brigitte
18h30-19h30 Restaurateur aux chandelles
w/ Brigitte

Dimanche

10h-11h30 Niveau 2 w/ Emily
12h-13h30 Restorative w/ Emily

Mardi

10h-11h30 Niveau 1 w/ Paola
12h-12h45 Energizer ½ w/ Paola
17h-18h Soin du dos w/ Marielle
18h-19h Niveau 2/3 w/ Xavier **
18h30-19h30 Niveau 2 w/ Marielle
20h-21h Yogawall Niveau 1 w/ Xavier **

Jeudi

10h-11h30 Niveau 1 w/ Emily
12h-12h45 Energizer ½ w/ Emily
17h30-19h Niveau 1 w/ Susan **
18h30-19h30 Restorative w/ Brigitte

Samedi

10h-11h Niveau 2 w/ Pascale
10h-11h Kids Yoga (4-7 years old) w/ Camille **
11h30-12h30 Niveau 1 w/ Pascale
11h30-12h30 Yoga en famille w/ Camille **

** En studio seulement