

PLANNING

Planning 2023-24

Lundi

08h45 Yoga Vinyasa*
Plage du Rado RBH, Cannes

11h00 Yoga Doux*
Wilson Gym, Antibes

18h00 Pilates
Maison de la Danse, St Laurent du Var

19h00 Yoga Vinyasa
MdD, St Laurent du Var

Mardi

17h30 Stretching
Universal Training, Mougins

18h15 Yoga Vinyasa
Universal Training, Mougins

Mercredi

18h15 Pilates
MdD, St Laurent du Var

19h15 Pilates
MdD, St Laurent du Var

Samedi

08h45 Yoga Vinyasa*
Plage du Rado RBH, Cannes

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