



LEONARDO DA VINCI
CENTRO | CENTRE

Horaire Yoga AUTOMNE 2025
Yoga Schedule FALL 2025

Mise à jour 19 sept. 2025
Du/From 22 sept. 2025
Au/To 21 déc. 2025

	LUN/MON	MAR/TUE	MER/WED	JEU/THU	VEN/FRI	SAM/SAT	DIM/SUN
7:00 - 7:30				7:15 - 8:10 HOT YOGA Hot Yoga Studio Nabil			
7:30 - 8:00	7:30 - 8:25 YIN YOGA Hot Yoga Studio Elena						
8:00 - 8:30							
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00						9:30 - 10:15 HOT YOGA Hot Yoga Studio Josie	
10:00 - 10:30					10:15 - 11:10 YOGA STRETCH Studio 1&2 Caterina		10:00 - 11:00 HOT YOGA Hot Yoga Studio Caterina
10:30 - 11:00						10:30 - 11:25 HOT YOGA Yoga Studio Josie	
11:00 - 11:30							11:00 - 11:55 YOGA FLOW Studio 1 Cecilia
11:30 - 12:00				11:30 - 13:00 YOGA STRETCH Studio 1 Josie			
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00		13:30 - 14:55 YOGA STRETCH Studio 1 Josie					
14:00 - 14:30							
14:30 - 15:00							
17:00 - 17:30							
17:30 - 18:00							
18:00 - 18:30		18:00 - 18:45 HOT YOGA Hot Yoga Studio Nick					
18:30 - 19:00	18:30 - 19:25 HOT YOGA Hot Yoga Studio Nick		18:30 - 19:25 HOT YOGA Hot Yoga Studio Rosanna	18:30 - 19:30 YIN YOGA Hot Yoga Studio Elena			
19:00 - 19:30		19:00 - 19:45 HOT YOGA Hot Yoga Studio Nick					
19:30 - 20:00			19:45 - 20:30 HOT YOGA Hot Yoga Studio Rosanna				
20:00 - 20:30							
20:30 - 21:00							

NOTEZ: un minimum de 8 personnes requis par cours / NOTE: minimum 8 participants required per class

Horaire des cours sujet à changement sans préavis / Class schedule subject to change without notice

Studio 1 & 2	Studio 1	Studio 2	Studio Vélo	Rubino 3e	Hot Yoga Studio
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