

PLANNING STUDIO SITAARA CAPESTANG 2026					
Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi & Dimanche
08h30 – 10h00 YOGA & RELAXATION Pascale			09h00 – 10h00 YIN YOGA Elodie		ATELIERS & STAGES
10h15 – 11h45 YOGA & RELAXATION Pascale					
					YOGA & RELAXATION Pascale 06 44 97 93 50
					KANGOO JUMPS Maéva 07 88 45 64 54
					YOGA ASHTANGA Florie 06 71 40 54 56
18h30 – 19h30 YOGA VINYASA Elodie	18h30 – 19h30 KANGOO JUMPS Maéva	18h00 – 19h30 YOGA & RELAXATION Pascale	18h30 – 20h00 YOGA ASHTANGA Florie		YOGA VINYASA & YIN YOGA Elodie 07 78 10 48 04