

MONDAY



10:30

11:45

Hatha Yoga

HOME STUDIO

12:30

13:20

Barre Floor

1ST FLOW



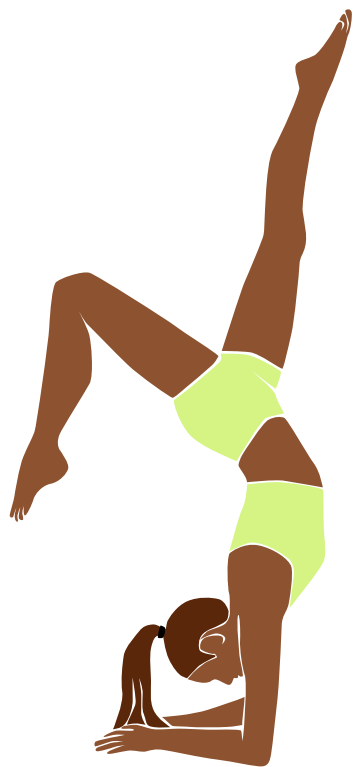
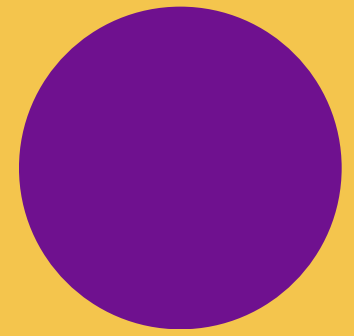
OCTOBER



YOGA WITH LUCINDA

HOME STUDIO - RUE DES BAINS 37, PLAINPALAIS
1ST FLOW - ROUTE DE FLORISSANT 81, CHAMPEL

TUESDAY



18:30
-
19:20

Barre Floor

1ST FLOW

OCTOBER



YOGA WITH LUCINDA

1ST FLOW - ROUTE DE FLORISSANT 81, CHAMPEL

WEDNESDAY



17:45
-
19:00

Ashtanga
Vinyasa

EVERYDAY
STUDIO



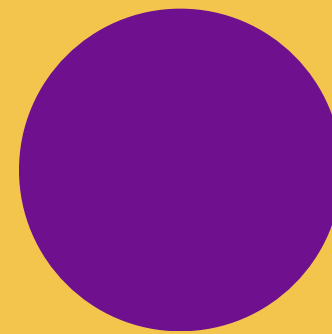
OCTOBER



YOGA WITH LUCINDA

EVERYDAY STUDIO, CHEZ POPPY - RUE PRÉVOST-MARTIN 47

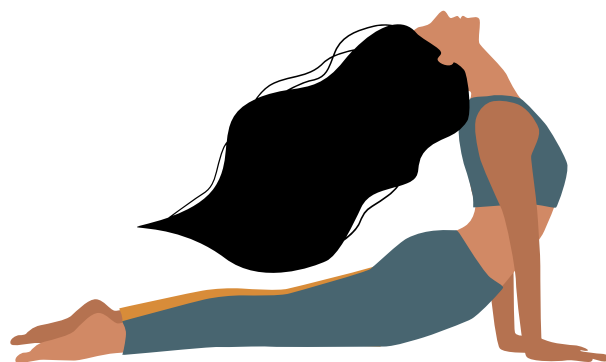
THURSDAY



12:30
-
13:30

Stretch & Flow

EVERYDAY
STUDIO



18:30
-
19:45

Hatha Yoga
Myofascial

AKTA

OCTOBER



YOGA WITH LUCINDA

EVERYDAY STUDIO, CHEZ POPPY - RUE PRÉVOST-MARTIN 47
AKTA - RUE DE L'AVENIR 16, EAUX-VIVES

FRIDAY



10:15
-
11:30

Ashtanga
Vinyasa

1ST FLOW



OCTOBER



YOGA WITH LUCINDA

1ST FLOW - ROUTE DE FLORISSANT 81, CHAMPEL

SUNDAY



11.00
-
12:30

Vinyasa
Flow

AKTA



OCTOBER



YOGA WITH LUCINDA

AKTA - RUE DE L'AVENIR 16, EAUX-VIVES