

MAY



May — the Month of Flowers

As nature blossoms, so do we.
In this month's classes let's, as
always:)) stretch, strengthen,
and reconnect — body, breath,
and soul.

Check the schedule, roll out your
mat, and let's grow together.

MAY



YOGA WITH LUCINDA

MONDAY



10:30
-
11:45

Hatha Yoga

HOME
STUDIO

MAY



YOGA WITH LUCINDA

HOME STUDIO - RUE DES BAINS 37, PLAINPALAIS

THURSDAY



FRESH BEGINNING, FROM

MAY 15!

07:15

–

08:30

**Breathe &
Flow**

1ST FLOW

MAY



YOGA WITH LUCINDA

1ST FLOW – ROUTE DE FLORISSANT 81, CHAMPEL

THURSDAY



12:30
-
13:30

Barre

EVERYDAY
STUDIO

18:30
-
19:45

**Vinyasa
Yoga**

AKTA

MAY



YOGA WITH LUCINDA

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

FRIDAY



17:30
-
18:45

Vinyasa
Yoga

1ST
FLOW

MAY



YOGA WITH LUCINDA

1ST FLOW - ROUTE DE FLORISSANT 81, CHAMPEL

SATURDAY



MAY 24!

10:30
-
12:00

Vinyasa
Yoga

EVERYDAY
STUDIO

MAY



YOGA WITH LUCINDA

EVERYDAY STUDIO, CHEZ POPPY - RUE PRÉVOST-MARTIN 47

SUNDAY



11.00
-
12:30

Vinyasa
Flow

[AKTA](#)

MAY



YOGA WITH LUCINDA

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