

Association Espérance Chartres de Bretagne Hatha-Yoga / Saison 2019-2020

sept-2019	oct-2019	nov-2019	déc-2019	janv-2020	févr-2020	mars-2020	avr-2020	mai-2020	juin-2020
dim-01	mar-01	ven-01 ☺ →	dim-01	mer-01 ☺ →	sam-01	dim-01 → →	mer-01	ven-01 ☺ ☺	lun-01 ☺
lun-02	mer-02	sam-02 → →	lun-02 ☿	jeu-02 → →	dim-02	lun-02 ☿	jeu-02 ❖	sam-02	mar-02
mar-03	jeu-03 ❖	dim-03 →	mar-03	ven-03 → →	lun-03 ☿ ☹	mar-03	ven-03	dim-03	mer-03
mer-04	ven-04	lun-04 ☿	mer-04	sam-04 → →	mar-04	mer-04	sam-04	lun-04 ☿	jeu-04 ❖
jeu-05	sam-05	mar-05	jeu-05 ❖	dim-05 →	mer-05	jeu-05 ❖	dim-05	mar-05	ven-05
ven-06	dim-06	mer-06	ven-06	lun-06 ☿	jeu-06 ❖	ven-06	lun-06 ☿ ☹	mer-06	sam-06
sam-07	lun-07 ☿	jeu-07 ❖	sam-07	mar-07	ven-07	sam-07	mar-07	jeu-07 ❖	dim-07
dim-08	mar-08	ven-08	dim-08	mer-08	sam-08	dim-08	mer-08	ven-08 ☺ ☺	lun-08 ☿
lun-09	mer-09	sam-09	lun-09 ☿ ☹	jeu-09 ❖	dim-09	lun-09 ☿ ☹	jeu-09 ❖	sam-09	mar-09
mar-10	jeu-10 ❖	dim-10	mar-10	ven-10	lun-10 ☿	mar-10	ven-10	dim-10	mer-10 ☺ ☺
mer-11	ven-11	lun-11 ☺ ☺	mer-11	sam-11	mar-11	mer-11	sam-11	lun-11 ☿	jeu-11 ❖
jeu-12	sam-12	mar-12	jeu-12 ❖	dim-12	mer-12	jeu-12 ❖	dim-12 → →	mar-12	ven-12
ven-13	dim-13	mer-13	ven-13	lun-13 ☿ ☹	jeu-13 ❖	ven-13	lun-13 ☺ →	mer-13	sam-13
sam-14	lun-14 ☿ ☹	jeu-14 ❖	sam-14	mar-14	ven-14	sam-14	mar-14 → →	jeu-14 ❖	dim-14
dim-15	mar-15	ven-15	dim-15	mer-15	sam-15	dim-15	mer-15 → →	ven-15	lun-15 ☿
lun-16 ☿	mer-16	sam-16	lun-16 ☿	jeu-16 ❖	dim-16 → →	lun-16 ☿	jeu-16 → →	sam-16	mar-16
mar-17	jeu-17 ❖	dim-17	mar-17	ven-17	lun-17 → →	mar-17	ven-17 → →	dim-17	mer-17
mer-18	ven-18	lun-18 ☿ ☹	mer-18	sam-18	mar-18 → →	mer-18	sam-18 → →	lun-18 ☿ ☹	jeu-18
jeu-19 ❖	sam-19	mar-19	jeu-19 ❖	dim-19	mer-19 → →	jeu-19 ❖	dim-19 → →	mar-19	ven-19
ven-20	dim-20	mer-20	ven-20	lun-20 ☿	jeu-20 → →	ven-20	lun-20 → →	mer-20	sam-20
sam-21	lun-21 → →	jeu-21 ❖	sam-21	mar-21	ven-21 → →	sam-21	mar-21 → →	jeu-21 ☺ ☺	dim-21
dim-22	mar-22 → →	ven-22	dim-22	mer-22	sam-22 → →	dim-22	mer-22 → →	ven-22 → →	lun-22
lun-23 ☿ ☹	mer-23 → →	sam-23	lun-23 → →	jeu-23 ❖	dim-23 → →	lun-23 ☿	jeu-23 → →	sam-23 → →	mar-23
mar-24	jeu-24 → →	dim-24	mar-24 → →	ven-24	lun-24 → →	mar-24	ven-24 → →	dim-24	mer-24
mer-25	ven-25 → →	lun-25 ☿	mer-25 ☺ →	sam-25	mar-25 → →	mer-25	sam-25 → →	lun-25 ☿	jeu-25
jeu-26 ❖	sam-26 → →	mar-26	jeu-26 → →	dim-26	mer-26 → →	jeu-26 ❖	dim-26	mar-26	ven-26
ven-27	dim-27 → →	mer-27	ven-27 → →	lun-27 ☿	jeu-27 → →	ven-27	lun-27 ☿	mer-27	sam-27
sam-28	lun-28 → →	jeu-28 ❖	sam-28 → →	mar-28	ven-28 → →	sam-28	mar-28	jeu-28 ❖	dim-28
dim-29	mar-29 → →	ven-29	dim-29 → →	mer-29	sam-29 → →	dim-29	mer-29	ven-29	lun-29
lun-30 ☿	mer-30 → →	sam-30	lun-30 → →	jeu-30 ❖		lun-30 ☿	jeu-30 ❖	sam-30 ☺ ☺	mar-30
	jeu-31 → →		mar-31 → →	ven-31		mar-31		dim-31	

Hatha lundi ☿ 30

Hatha jeudi ❖ 30

Yoga-Nidra ☹ 9

Vacances scolaires →

Fériés ☺