



15 décembre 2018 au 6 janvier 2019 | Dec 15<sup>th</sup>, 2018 to January 6th, 2019

LUN / MON (studio fermé les 24 et 31 décembre)	MAR / TUES (studio fermé 25 déc. et 1 <sup>er</sup> janv.)	MER / WED	JEU / THU	VEN / FRI	SAM / SAT	DIM / SUN
Tonus 55+ 9.45am	Yoga thérapeutique 9.45am	Tonus 55+ 9.45am (sauf le 26 déc.)	Equilibrium stretching 9.45am	Yoga flow yin 9.30am	Yoga flow 8.30am	
				Pilates débutant 9.45am	Flow Yin Yoga 8.45am	
Stretching 55+ 11.00am	Equilibrium tonus 11.00am	Stretching 55+ 11.00am (sauf le 26 déc.)	Yoga hatha douceur 11.00am		Dance fit 9.45am	
Yoga Flow 12.10pm	Yoga flow yin 12.10pm	Yoga Flexibilité-mobilité 12.10pm (sauf le 26 déc.)			Posture et renforcement 10.00am	
					Yin yoga 11.00am	
Dance fit 5.30pm			Yoga Flexibilité-mobilité 5.30pm		Hot Yoga (français) 11.15am	
Hot yoga (français) 5.30pm	Yin yoga 5.30pm	Yoga flow yin 5.15pm				
Power yoga 6.45pm	Yoga Flow 6.45pm	Yoga flow mi-chaud 6.45pm	Yoga flow (english) 6.45pm			Zumba 4.15pm
Yin mi-chaud 7.00pm	Hot Yoga 7.00pm		Hot yoga 7.00pm			Méditation 5.30pm
Yoga hatha douceur 8.00pm	Yoga restaurateur 8.00pm	Power yoga 8.00pm	Yoga thérapeutique 8.00pm			Yoga flow-yin 6.45pm
Yoga flow mi-chaud 8.15pm		Yin Mi-chaud 8.15pm		 Studio Vie Active		Yin mi-chaud 8.00pm