



## 7 janvier au 31 mars 2019 | Jan 7<sup>th</sup> to March 31<sup>st</sup>, 2019

LUN / MON	MAR / TUES	MER / WED	JEU / THU	VEN / FRI	SAM / SAT	DIM / SUN
Tonus 55+ 9.45am	Yoga thérapeutique 9.45am	Tonus 55+ 9.45am	Equilibrium stretching 9.45am	Yoga flow yin 9.30am	Yoga flow 8.30am	Taichi et Qigong 8.15am – 9.45m <i>(inscription)</i>
Yoga-mobilité maman-bébé 10.45am – 11.45am <i>(inscription)</i>	Pilates postnatal 10.45am – 11.45am <i>(inscription)</i>		Yoga-mobilité maman-bébé 10.00am – 11.00am <i>(inscription)</i>	Pilates intermédiaire 9.45am	Yoga flow yin 8.45am	Yoga flow yin 8.30am
Stretching 55+ 11.00am	Equilibrium tonus 11.00am	Stretching 55+ 11.00am	Yoga hatha douceur 11.00am	Pilates postnatal 10.45am – 11.45pm <i>(inscription)</i>	Dance fit 9.45am	Yoga enfants (8-12 ans) 10.00am
Yoga Flow 12.10pm	Pilates intermédiaire 12.10pm	Yoga Flexibilité-mobilité 12.10pm	Méditation 12.10pm	Pilates débutant 12.10pm	Posture et renforcement 10.00am	Yoga Hatha 10.00am
Méditation 4.15pm	Yin yoga 4.15pm				Yin yoga 11.00am	Yoga prénatal 11.15am – 12.15pm <i>(inscription)</i>
Dance fit 5.30pm	Posture et renforcement 5.30pm	Yoga flow yin 5.15pm	Yoga flow (English) 5.30pm	Mobilité & auto- massage 5.00pm	Hot Yoga (français) 11.15am	Hot Yoga 11.15am
Hot yoga (français) 5.30pm	Pound 5.45pm	Hot yoga (français) 5.30pm	Yoga inspiration Iyengar 5.30pm	Yoga flow mi-chaud 5.30pm		
Power yoga 6.45pm	Yoga Flow 6.45pm	Cardio danse 6.30pm	YinYang Yoga 6.45pm	Yin yoga 6.15pm	Yoga famille (4-7 ans) 12.30pm – 13.30pm 12 janvier 9 février 9 mars	Zumba 4.15pm
Yin mi-chaud 7.00pm	Hot Yoga 7.00pm	Yoga flow mi-chaud 6.45pm	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 (English) 8.15pm	Flow-yin mi-chaud 8.15pm	Yin Mi-chaud 8.15pm	Yin mi-chaud 8.15pm			Yin mi-chaud 8.00pm