



1er avril au 9 juin 2019 | April 1st to June 9th, 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	Yoga flow yin 8.30am	
Yoga-mobilité maman-bébé 10.45am – 11.45am <i>(inscription)</i>	Pilates postnatal 10.45am – 11.45am <i>(inscription)</i>	Stretching 55+ 11.00am	Yoga-mobilité maman-bébé 10.00am – 11.00am <i>(inscription)</i>	Pilates intermédiaire 9.45am	Yoga flow yin 8.45am	Yoga enfants (8-12 ans) 10.00am	
Stretching 55+ 11.00am	Equilibrium tonus 11.00am	Yoga Flexibilité-mobilité 12.10pm	Yoga hatha douceur 11.00am	Pilates postnatal 10.45am – 11.45pm <i>(inscription)</i>	Dance fit 9.45am	Yoga Hatha 10.00am	
Yoga Flow 12.10pm	Pilates intermédiaire 12.10pm		Méditation 12.10pm	Pilates débutant 12.10pm	Posture et renforcement 10.00am	Hot Yoga 11.15am	
	Yin yoga 4.15pm					Yin yoga 11.00am	Yoga Pre-natal 11.15am <i>(inscription)</i>
	Posture et renforcement 5.30pm		Yoga flow yin 5.15pm	Yoga flow (English) 5.30pm	Posture : Ballon et abdominaux 5.00pm	Hot Yoga (français) 11.15am	Zumba 4.15pm
Hot yoga (français) 5.30pm	Pound 5.45pm	Hot yoga (français) 5.30pm	Yoga inspiration Iyengar 5.30pm	Yoga flow mi-chaud 5.30pm	Yoga famille (4-7 ans) 12.30pm – 13.30pm 13 avril 11 mai	Inversions 5.30pm	
Power yoga 6.45pm	Yoga Flow 6.45pm	Zumba 6.30pm	Yoga thérapeutique 6.45pm	Yin yoga 6.15pm		Méditation 5.30pm	
Yin mi-chaud 7.00pm	Hot Yoga 7.00pm	Yoga flow mi-chaud 6.45pm	Hot yoga 7.00pm	Karma Yoga 7.30pm (voir dates en ligne)		Yoga flow-yin 6.45pm	
Yoga hatha douceur 8.00pm	Yoga restaurateur 8.00pm	Power yoga 8.00pm	Yin mi-chaud 8.15pm	Fin de semaine de Pâques 19 avril : Pas de cours en soirée 21 avril : Fermé toute la journée		Yin mi-chaud 8.00pm	
Yoga flow mi-chaud (English) 8.15pm	Flow-yin mi-chaud 8.15pm	Yin Mi-chaud 8.15pm					