



Horaire du 6 janvier au 3 avril 2020 | Schedule for January 6th to April 3rd, 2020



LUN / MON	MAR / TUES	MER / WED	JEU / THU	VEN / FRI	SAM / SAT	DIM / SUN
<u>Tonus 55+</u> 9.45am	<u>Yoga thérapeutique</u> 9.45am	<u>Tonus 55+</u> 9.45am	<u>Equilibrium stretching</u> 9.45am	<u>Yoga flow/yin</u> 9.30am <u>Pilates Stots intermédiaire</u> 9.45am	<u>Yoga flow</u> 8.30am <u>Yoga flow/yin</u> 8.45am	<u>Yoga flow/yin</u> 8.30am <u>Power yoga mi-chaud</u> 8.45am
<u>Yoga maman-bébé</u> (sur inscription) 10.00am	<u>Pilates postnatal</u> (sur inscription) 10.45am	<u>Yoga prénatal</u> (sur inscription) 10.45am – 12pm	<u>Yoga maman-bébé</u> (sur inscription) 10.00am	<u>Pilates postnatal</u> (sur inscription) 10.45am	<u>Dance Fit</u> 9.45am <u>Posture: renforcement</u> 10.00am	<u>Astanga yoga</u> 9.45am – 11.00am
<u>Stretching 55+</u> 11.00am	<u>Equilibrium tonus</u> 11.00am	<u>Stretching 55+</u> 11.00am	<u>Yoga hatha douceur</u> 11.00am		<u>Yoga yin</u> 11.00am <u>Hot power yoga (FR)</u> 11.15am	<u>Yoga enfant (8-12 ans)</u> 10.00am <i>À partir du 26 janvier</i>
<u>Yoga flow</u> 12.10pm – 1.00pm	<u>Pilates BH intermédiaire</u> 12.10pm <u>Yoga flow</u> 12.10pm – 1.00pm	<u>Yoga flexibilité et mobilité</u> 12.10pm – 1.00pm	<u>Yoga thérapeutique</u> 12.10pm – 1.00pm	<u>Pilates BH débutant</u> 12.10pm – 1.00pm <u>Yoga flow mi-chaud</u> 12.10pm – 1.00pm	<u>Yoga famille (4-7 ans)</u> 12.30pm <i>25 jan, 22 fév, 14 mars, 4 avril</i>	<u>Hot power yoga (FR)</u> 11.15am <u>Yoga prénatal</u> (sur inscription) 11.15am - 12.30pm
APRÈS-MIDI / AFTERNOON						
<u>Yoga flow</u> 4.15pm	<u>Yoga yin</u> 4.15pm	<u>Astanga yoga</u> 4.15pm	<u>Power yoga mi-chaud</u> 4.15pm		<u>Ateliers et événements spéciaux</u> À partir de 1.00pm	<u>Zumba</u> 4.15pm
<u>Dance Fit</u> 5.30pm	<u>Posture: renforcement</u> 5.30pm	<u>Yoga flow/yin</u> 5.30pm	<u>Pilates BH débutant</u> 5.30pm	<u>Posture: ballon et abdominaux</u> 5.00pm		<u>Méditation</u> 5.30pm
<u>Hot hatha yoga</u> 5.30pm	<u>Hot hatha yoga</u> 5.30pm	<u>Hot hatha yoga</u> 5.30pm	<u>Yoga inspiration Iyengar</u> 5.30pm	<u>Yoga flow mi-chaud</u> 5.15pm		<u>Yoga fondation</u> (sur inscription) 6.30pm
<u>Power yoga</u> 6.45pm	<u>Yoga flow</u> 6.45pm	<u>Zumba</u> 6.45pm	<u>Yoga flow</u> 6.45pm			<u>Yoga flow</u> 6.45pm
<u>Yoga yin mi-chaud</u> 7.00pm	<u>Hot power yoga</u> 7.00pm	<u>Yoga flow mi-chaud</u> 7.00pm	<u>Warm yoga flow/yin</u> *English Class* 7.00pm	<u>Yoga yin mi-chaud</u> 6.30pm		<u>Yoga yin mi-chaud</u> 8.00pm
<u>Yoga hatha douceur</u> 8.00pm	<u>Yoga restaurateur</u> 8.00pm	<u>Power yoga</u> 8.00pm	<u>Yoga thérapeutique</u> 8.00pm	<u>Karma - Yoga famille (8-12 ans)</u> 7.30pm – 8.15pm <i>21 février, 3 avril</i>		
<u>Warm yoga flow</u> *English Class* 8.15pm	<u>Yoga flow/yin mi-chaud</u> 8.15pm	<u>Yoga yin mi-chaud</u> 8.15pm	<u>Hot hatha yoga</u> 8.15pm			