



Horaire du 2 au 22 novembre 2020 | Schedule for November 2<sup>nd</sup> to 22<sup>nd</sup>, 2020



Webdiffusions | Live-streams

LUN / MON	MAR / TUES	MER / WED	JEU / THU	VEN / FRI	SAM / SAT	DIM / SUN
<u>Tonus 55+</u> Sylvie LeBlanc 9.30am	<u>Yoga Yin</u> Charlotte Beaudoin 12.00pm	<u>Étirements 55+</u> Sylvie LeBlanc 9.30am			<u>Posture et renforcement</u> Véronique Roberts 8.30am	<u>Yoga Flow/Yin</u> Charlotte Beaudoin 8.30am
					<u>Yoga Flow</u> Ann Snow/ Stéphane Pleau 10.00am	
<u>Yoga Hatha/Flow</u> Charlotte Beaudoin 5.30pm	<u>Yoga Slow Flow</u> Julie Chartrand 5.30pm	<u>Yoga Flow</u> Phil Landel 5.30pm	<u>Posture et renforcement</u> Véronique Roberts 5.30pm			
<u>Pilates (débutant)</u> Raphaëlle Robidoux 6.00pm			<u>Yoga Hatha/Flow</u> Guglielmo Tita 7.00pm			
<u>Yoga Yin</u> Joanie Verret 7.00pm	<u>Yoga Hatha</u> Charlotte Beaudoin 7.00pm	<u>Power Yoga</u> Ann Snow/ Stéphane Pleau 7.00pm	<u>Méditation à la maison</u> Mélanie St-Jean 7.30pm			