

WEEKLY CLASS SCHEDULE FROM JANUARY 2020
COURS HEBDOMADAIRES DES JANVIER 2020

Studio 1	Studio 2	Studio 1	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 1
MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
			7:00-8:00 Warm Yoga Kate/Heidi							
9:15-10:30 Hatha Yoga Tim	9:45-10:45 Pilates Marianne	9:15-10:30 Hatha Yoga Heidi	9:15-10:45 Vinyasa Yoga Andrea		9:15-10:45 Warm Yoga Heidi	9:45-10:45 Pilates Marianne	9:15-10:30 Hatha Yoga Andrea	9:15-10:30 Seniors Yoga Pascale	9:15-10:45 Warm Yoga Heidi	
10:30-11:30 Postnatal yoga Karin									11:15-12:45 Iyengar Yoga Oksana	
12:15-13:20 Power Yoga Andrea		12:15-13:20 Hatha Yoga Alessandra	12:15-13:20 Hatha Yoga Heidi		12:15-13:20 Hatha Yoga Manasi		12:15-13:20 Hatha Yoga Tim	12:15-13:15 Pilates Barre Marianne		10:00-11:30 Vinyasa Andrea
14:00-15:00 Movement Therapy Laura										
		17:00-18:00 Kids Yoga 9-12 Angélique								
		18:00-19:00 Teens Yoga Angélique	18:00-19:15 Warm Flow Maelle	18:35-19:35 Prenatal Yoga Claire					17:00-18:30* Yin Yoga Kate	17:00-18:15** Warm Flow Heidi/Kate/Neil
19:00-20:30 Warm Yoga Heidi		19:30-20:45 Hatha Yoga Andrea	19:30-20:45 Restorative Andrea	19:45-20:45 Pilates Barre Marianne	18:30-19:30 Warm Yoga Kate/Sophie					

*Once per month – *Une fois par mois*: 11 January, 8 February, 14 March, 18 April, 9 May, 6 June

**Not recommended for beginners – *Déconseillé aux débutants*