

YOGA CLASSES SCHEDULE from October 30 until December 16, 2017

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h	7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)	7.00 - 8.00 Vinyasa 1-2 Marielle (J)	7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)		7.00 - 8.00 Yoga Balance Sylvain (J)		
9h30	9.30 - 10.30 Yin Champa (J)		9.00 - 10.00 Hatha 1 Sylvain (J)				9.30 - 10.30 Hatha 1-2 Champa (J) 10.45 - 12.00 Yin Champa (J)
12h	12.15 - 13.15 Power Yoga François (J)		12.15 - 13.15 Vinyasa 1-2 Alfonso (J)		12.15 - 13.15 Hatha 1 Alfonso (J)	12.00 - 13.00 Vinyasa 1-2 Alejandro (M)	
	13.20 - 14.30 Meditation Caley (J)	13.20 - 14.30 Meditation Caley (J)	13.20 - 14.30 Thermomeditation Caley (S)	13.20 - 14.30 Meditation Caley (J)	13.20 - 14.30 Meditation Caley (J)		
16h		16.00 - 17.00 Yoga Balance Sylvain (J)		16.00 - 17.00 Yoga Abs Marielle (J)			
17h	17.45 - 18.45 Hatha 1 François (J)	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)	17.15 - 18.15 Vinyasa 1 Champa (J)			17.15 - 18.15 Hatha 1-2 Hannah (M)	17.15 - 18.15 Vinyasa 1-2 Sylvie-Anne (J)
		18.45 - 19.45 Yoga Fitness François (J)	18.30 - 19.30 Yoga Posture Marielle (J)	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)	18.00 - 19.00 Hatha 1-2 Champa (J)		18.20 - 19.20 Yoga Relaxation Sylvie-Anne (J)
		19.15 - 20.15 Yin Sylvain (J)		19.15 - 20.15 Yoga Relaxation François (J)			
Space	Class Category						
J: jardin	Mild Yoga						
M: Multi	Moderate Yoga						
S: Spa	Vigorous Yoga						
	Meditation						



STUDIO BLISS
MASSAGE & YOGA

**LE SAINT
JUDE**
GYM & SPA