

YOGA CLASS SCHEDULE from January 8 until April 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7h						
7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)		7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)		7.00 - 8.00 Yoga Balance Sylvain (J)		
9h						
9.30 - 10.30 Yin Champa (J)			9.30 - 10.30 Vinyasa 1 Alfonso (J)	9.00 - 10.00 Hatha 1 Sylvain (J)		9.45 - 10.45 Hatha 1-2 Champa (J)
						11.00 - 12.15 Yin Champa (J)
12h						
12.15 - 13.15 Power Yoga Sylvain (J)		12.15 - 13.15 Hatha 1-2 Alfonso (J)		12.15 - 13.15 Vinyasa 1-2 Alfonso (J)		
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 Core Marielle (J)		16.00 - 17.00 Yoga Posture Alejandro (J)	
17h						
17.45 - 18.45 Hatha 1-2 Champa (J)				17.45 - 18.45 Hatha 1-2 Champa (J)	17.15 - 18.15 Power Yoga Alejandro (J)	17.15 - 18.15 Vinyasa 1-2 Sylvie-Anne (J)
18h						
	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)	18.30 - 19.30 Yoga Posture Marielle (J)	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)			
19h						
	19.05 - 20.05 Yin Sylvain (J)		19.05 - 20.05 Restorative Nidra Valérie L. (J)			18.20 - 19.20 Yoga Relaxation Sylvie-Anne (J)

Space

Class Category

J: garden
M: Multi
S: Spa

Mild Yoga
Moderate Yoga
Vigorous Yoga
Meditation



STUDIO BLISS

MASSAGE & YOGA

LE
SAINT
JUDE

GYM & SPA