

YOGA CLASS SCHEDULE from June 18 to Sept. 9, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)		7.00 - 8.00 Ashtanga-Vinyasa Sylvain (J)				NO CLASS ON SUNDAYS JUNE 24 and JULY 1st
9.30 - 10.30 Yin Champa (J)			9.30 - 10.30 Vinyasa 1 Alfonso (J)	9.00 - 10.00 Hatha 1 Sylvain (J)		
						10.45 - 12.00 Yin Champa (J)
LUNCHTIME						
12.15 - 13.15 Vinyasa 1-2 Sylvain (J)		12.15 - 13.15 Hatha 1-2 Alfonso (J)		12.15 - 13.15 Vinyasa 1-2 Alfonso (J)		
13.30 - 14.30 Meditation Caley (J)	13.30 - 14.30 Meditation Caley (J)	13.30 - 14.30 Thermomeditation Caley (S)	13.30 - 14.30 Meditation Caley (J)	13.30 - 14.30 Meditation Caley (J)		
EVENING						
	16.00 - 17.00 Yoga Balance Sylvain (J)		16.00 - 17.00 Yoga Core Marielle (J)		16.00 - 17.00 Yoga Posture Alejandro (J)	
18.00 - 19.00 Hatha 1-2 Champa (J)	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)	18.30 - 19.30 Yoga Posture Marielle (J)	18.00 - 19.00 Ashtanga-Vinyasa Sylvain (J)	17.45 - 18.45 Hatha 1-2 Champa (J)		17.15 - 18.30 Vinyasa 1-2 Sylvie-Anne (J)
	19.05 - 20.05 Yin Sylvain (J)					

Room

J: Garden
S: Spa

Catégorie de cours

Mild
Moderate
Vigorous
Meditation



STUDIO BLISS
MASSAGE & YOGA

LE SAINT JUDE
GYM & SPA