

| LUN                                                      | MAR                                      | MER                                                | JEU                                                        | VEN                                 | SAM                                                  | DIM |
|----------------------------------------------------------|------------------------------------------|----------------------------------------------------|------------------------------------------------------------|-------------------------------------|------------------------------------------------------|-----|
| 9:00 - 10:00<br>QIGONG BATON<br>Co                       |                                          | 9:00 - 10:00<br>QIGONG CLASSIQUE<br>Co             | 9:00- 10:00<br>YOGA DOUX<br>Nathalie                       |                                     | NOUVEAU<br>10:30 - 12:00<br>YOGA SIVANANDA<br>Amanda |     |
| 10:15 - 11:15<br>QIGONG TAOÏSTE<br>Co                    |                                          | 10:15 - 11:15<br>QIGONG TIBÉTAÏN<br>Co             | 10:15- 11:15<br>YOGA PRANAYAMA<br>& MEDITATION<br>Nathalie |                                     |                                                      |     |
| 11:30 - 12:30<br>QIGONG CALME<br>& DU RÊVE ÉVEILLÉ<br>Co |                                          | 11:30 - 12:30<br>QIGONG CALME &<br>MÉDITATIF<br>Co |                                                            | 11:15 - 12:15<br>PILATES<br>Stephen |                                                      |     |
|                                                          | 15:00 - 16:00<br>YOGA PILATES<br>Marion  |                                                    | 15:30 - 16:30<br>YOGA SENIORS<br>SUR CHAISE<br>Denise      |                                     |                                                      |     |
|                                                          | 16:15-17:15<br>STRETCHING YOGA<br>Marion |                                                    |                                                            |                                     |                                                      |     |
| 17:30 - 18:30<br>TAIJI GONG<br>Co                        | 18:15 - 19:15<br>YOGA VINYASA<br>Marion  |                                                    |                                                            |                                     |                                                      |     |
|                                                          | 19:30 - 20:30<br>YIN YOGA<br>Marion      |                                                    | 18:30 - 19:30<br>HATHA YOGA<br>Nathalie                    |                                     |                                                      |     |
|                                                          |                                          |                                                    |                                                            |                                     |                                                      |     |

