



SCHEDULE 2022 - 2023

LUNDI

6pm	Mat Pilates level 1
at the studio and online	
7pm	Mat Pilates levels 2 & 3
at the studio and online	
8pm	Yoga Vinyasa Flow
at the studio and online	

MARDI

10am	Mat Pilates level 1
at the studio and online	
12pm	Yoga Hatha Yoga

MERCREDI

10am	Mat Pilates all levels
at the studio and online	
6.15pm	Pilates special men all levels
7.15pm	Mat Pilates levels 1 & 2

JEUDI

10am	Prenatal Pilates
11am	Meditation
12.15pm	Mat Pilates levels 2 & 3
at the studio and online	

VENDREDI

5pm	Mat Pilates level 1
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SAMEDI

9.30am	Mat Pilates level 2
10.30am	Mat Pilates level 1
11.45am	Yoga Vinyasa Flow
at the studio and online	

Pilates machines classes and Pilates machines circuits

- Reformer, Cadillac, Chair
are available BY APPOINTMENT every day.

Course duration

Pilates: 55 minutes | Yoga: 75 minutes | Meditation: 30 minutes