

MIND & BODY

SCHEDULE GROUP LESSONS

LA
BUTTE
AUX
BOIS

MONDAY

ON REQUEST | PRIVATE YOGA SESSION

11H30 | PILATES - MRS. SIBEL AKSU

TUESDAY

11H - 12H | FUSION FIT - MRS. ROXANE PUTNIK
PILATES, POWER TRAINING, YOGA, STRETCH

WEDNESDAY

19H30 - 20H30 | HATHA FLOW YOGA - MRS. LAVINA GERETS

THURSDAY

10H - 11H | PILATES - MRS. EMILIA BENNING
11H - 12H | STRETCH & SERENITY - MRS. ROXANE PUTNIK

FRIDAY

ON REQUEST | PRIVATE SESSION

SATURDAY

ON REQUEST | PERSONAL TRAINING - MRS. ROXANE PUTNIK

ON REQUEST | PRIVATE YOGA SESSION

SUNDAY

10H - 11H | FUNCTIONAL TRAINING - MR. PABLO E. CLEMENTE

ON REQUEST | GUIDED MOUNTAINBIKE TOUR - MR. PABLO E. CLEMENTE