

MIND & BODY

SCHEDULE GROUP LESSONS

LA
BUTTE
AUX
BOIS

MONDAY

10H00 | HATHA FLOW YOGA - MRS. LAVINA GERETS

TUESDAY

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

WEDNESDAY

19H15 - 20H15 | 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 | PRIVATE SESSION

SUNDAY

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