

# MIND & BODY

SCHEDULE GROUP LESSONS

LA  
BUTTE  
AUX  
BOIS

## MONDAY

10H - 11U15 | HATHA FLOW YOGA - MRS. LAVINA GERETS

## TUESDAY

11H - 12H | HIT TRAINING - MRS. ROXANE PUTNIK

## WEDNESDAY

19H15 - 20H15 | HATHA FLOW YOGA - MRS. LAVINA GERETS (ON REQUEST)

## THURSDAY

11H - 12H | YIN YOGA - MRS. ROXANE PUTNIK

## FRIDAY

ON REQUEST | PRIVATE SESSION

## SATURDAY

ON REQUEST | PRIVATE SESSION

## SUNDAY

ON REQUEST | PRIVATE SESSION