

	<i>Room 1</i>	<i>Room 2</i>
<i>Monday</i>	10h00 - Pilates All Levels 12h30 - Pilates Intermediate 19h00 - Barre All Levels	12h30 – Vinyasa Yoga Intro 18h00 – Prenatal Yoga 19h00 – Back Yoga
	<i>Room 1</i>	<i>Room 2</i>
<i>Tuesday</i>	12h30 – Pilates Beginners 18h30 – Barre All Levels	12h30 – Vinyasa Yoga Level 2 17h15 – Yoga for Kids (age 9-14) 19h00 – Yoga Flow
	<i>Room 1</i>	<i>Room 2</i>
<i>Wednesday</i>	10h00 – Pilates Beginners 16h00 – Barre All Levels 19h00 – Pilates Intermediate	12h30 – Vinyasa Yoga Level 2 15h00 – Yoga for Kids (ages 5-9)
	<i>Room 1</i>	<i>Room 2</i>
<i>Thursday</i>	12h30 – Pilates Beginners 16h30 – Yoga for Kids (ages 5-9) 19h00 – Pilates Beginners	10h00 – Back Yoga 12h30 – Vinyasa Yoga Level 2 17h15 – Yoga for Kids (age 9-14)
	<i>Room 1</i>	<i>Room 2</i>
<i>Friday</i>	12h30 – Pilates Advanced  <b>Studio – 4, Rue de l’Est</b>	12h30 – Vinyasa Yoga Level 1  <b>12h15 – Yoga Prenatal</b>
	<i>Room 1</i>	
<i>Saturday</i>	11h00 – Pilates Intermediate	
	<i>Room 1</i>	
<i>Sunday</i>	11h00 – Vinyasa Yoga All Levels	