



CLASS SCHEDULE SEPTEMBER - DECEMBER 2022

Excluding holidays

All our classes are subject to booking, unless you have an annual subscription

	YOGA	PILATES/STRENGTHENING	POSTURAL BALL	SOPHROLOGY/RELAXATION	OTHER	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00						
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45						
09:00						
09:15	ENGLISH		ENGLISH			
09:30						
09:45	09.15-10.15 BODY BALANCE Mairi	09.15-10.30 YIN YOGA Quentin	09.15-10.15 FITNESS BODY BLAST Tara	09.00-10.15 HATHA VINYASA Fondation course Quentin		
10:00						
10:15						
10:30				ENGLISH		
10:45						
11:00						
11:15						
11:30						
11:45						
12:00						
12:15						
12:30						
12:45	12.15-13.30 YOGA FOR MEN Quentin	12.00-13.00 POSTURAL BALL Huyen		12.00-13.00 SOPHROLOGY FOR ADULTS Angélique	12.00-13.00 PILATES Caroline	
13:00						
13:15						
13:30						
13:45						
14:00						
14:15						
14:30	14.00-15.15 KUNDALINI YOGA Mariène					
14:45						
15:00						
15:15						
15:30						
15:45						
16:00						
16:15						
16:30						
16:45						
17:00						
17:15						
17:30						
17:45						
18:00						
18:15						
18:30	ENGLISH					
18:45						
19:00	18.30-19.30 PILATES Tara					
19:15						
19:30						
19:45						
20:00						
20:15						
20:30						
20:45						
21:00	20.15-21.30 KUNDALINI YOGA Marlène					
21:15						
21:30						

* Dates on our "Workshops" website's page wellfuz.com