



Hôtel du Couvent

Nice, France

MOVEMENT STUDIO*

(60-minute classes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7h30	Vinyasa Yoga	Functionnal Training	Animal Flow	Hatha Flow	Pilates	Functionnal Training		
9h	Functionnal Training	Vinyasa Yoga		Animal Flow	Hatha Flow	Animal Flow	Vinyasa Yoga	Social Run
9h30			Yin Yoga					
10h15						Pilates	Pilates	
12h00								
12h30	Vinyasa Yoga	Danse Énergetique	Cardio Boxing	Ballet barre Yoga	Stretching Yoga	Functionnal Training		
15h						Pilates		
17h								
18h	Pilates	Animal Flow	Animal Flow	Pilates	Danse Énergetique			
19h15			Functionnal Training		Functionnal Training			
19h30	Vinyasa Yoga	Barre au Sol		Yin Yoga				

*Typical schedule subject to change