

# Hôtel du Couvent

## Nice, France



## MOVEMENT STUDIO\*

(Classes are included with your stay and last 60 minutes each)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7h30	Vinyasa Yoga	Functionnal Training		Hatha Flow	Pilates		
8h30			Yin Yoga				
9h00		Vinyasa Yoga				Animal Flow	Vinyasa Yoga
9h30							
10h15						Fit Ballet Barre	Pilates
11h30							
12h30	Ballet barre Yoga			Ballet barre Yoga			
15h00							
17h00							
18h00	Pilates	Functionnal Training	Animal Flow	Dynamic Yoga			
19h15					Mobility & Stretching		
19h30							

\*Typical schedule subject to change