



Hôtel du Couvent

Nice, France

MOVEMENT STUDIO*

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

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

*Indicative schedule, subject to change