



Hôtel du Couvent

Nice, France

MOVEMENT STUDIO*

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

Start of the classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7h30	Vinyasa Yoga		Animal Flow	Hatha Flow			
9h		Mobility & Stretching			Vinyasa Yoga	Animal Flow	Vinyasa Yoga
10h15	Core Training	Vinyasa Yoga		Floor barre	Pilates	Fit Ballet Barre	Pilates
18h	Pilates	Core & Curve	Yin Yoga		Yin Yoga		

*Indicative schedule, subject to change