



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		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
17h	Free danse & Stretching <i>for children</i>	Yoga & Meditation <i>for children</i>	Free danse & Stretching <i>for children</i>	Free danse & Stretching <i>for children</i>	Free danse & Stretching <i>for children</i>	Yoga & Meditation <i>for children</i>	Yoga & Meditation <i>for children</i>
18h	Pilates	Core & Curve	Yin Yoga		Yin Yoga		

*Indicative schedule, subject to change