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
7:30 A.M	Vinyasa Yoga	Pilate	Animal Flow	Hatha Flow			
9 A.M	Core Training		Yin Yoga		Vinyasa Yoga	Animal Flow	Vinyasa Yoga
10:15 A.M					Pilate	Fit Ballet Barre	Pilate
6 P.M		Core & Curve					
7 P.M				Animal Flow			

*Indicative schedule, subject to change