



Passion Pilates
Body & Soul • Corps & Âmes

L'Institut Pilates de l'Ouest-de-l'Île
The West-Island Pilates Institute

yoga • pilates • massothérapie



*** SPÉCIAL ÉTÉ: Deux semaines sans frais ***
*** SUMMER SPECIAL: Two Bonus Weeks ***

	Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday
	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
7h15	FERMÉ CLOSED	allegro men Ute	allegro men Ute		yoga wall mixed levels Ute	FERMÉ CLOSED
8h30	FERMÉ CLOSED		allegro ava 1 Ute		allegro int 1 Ute	FERMÉ CLOSED
9h30	FERMÉ CLOSED	allegro introduction Johanne		allegro beginner 3 Johanne	allegro int 1 Johanne	FERMÉ CLOSED
9h45	FERMÉ CLOSED		allegro ava 1 Janet			FERMÉ CLOSED
10h30	FERMÉ CLOSED	allegro ava 1 Johanne			yoga wall mixed levels Ute / Johanne	FERMÉ CLOSED
11h00	FERMÉ CLOSED			allegro int 2 Johanne		FERMÉ CLOSED
12h00	FERMÉ CLOSED	yoga wall introduction Johanne				FERMÉ CLOSED
13h30	FERMÉ CLOSED	allegro beginner 3 Johanne			yoga wall introduction Ute / Johanne	FERMÉ CLOSED
16h15	FERMÉ CLOSED		pilates au sol matwork Johanne	yoga wall mixed levels Ute		FERMÉ CLOSED
17h30	FERMÉ CLOSED	yoga wall mixed levels Ute	allegro ava 1 Johanne	allegro ava 1 Ute		FERMÉ CLOSED
18h30	FERMÉ CLOSED		allegro mixed levels Johanne			FERMÉ CLOSED
19h00	FERMÉ CLOSED			allegro ava 1 + Men Ute		FERMÉ CLOSED
19h15	FERMÉ CLOSED	allegro ava 1 + Men Ute				FERMÉ CLOSED
19h30	FERMÉ CLOSED		yoga wall introduction Johanne			FERMÉ CLOSED