



Pagnion 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	
	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul	06-Jul	
7h15	FERMÉ CLOSED	allegro men Ute	allegro men Ute		yoga wall mixed levels Ute		
8h00	FERMÉ CLOSED					allegro mixed levels Ute	
8h30	FERMÉ CLOSED		allegro ava 1 Ute		allegro int 1 Ute		
9h00	FERMÉ CLOSED					allegro ava 1 Julie	yoga wall mixed Ute
9h30	FERMÉ CLOSED	allegro introduction Johanne		allegro beginner 3 Johanne	allegro int 1 Johanne		
9h45	FERMÉ CLOSED		allegro ava 1 Janet				
10h15	FERMÉ CLOSED					allegro mixed Julie	yoga Reiki Susan
10h30	FERMÉ CLOSED	allegro ava 1 Johanne			yoga wall mixed levels Ute /Johanne		
11h00	FERMÉ CLOSED			allegro int 2 Johanne			
12h00	FERMÉ CLOSED	yoga wall introduction Johanne					
13h30	FERMÉ CLOSED	allegro beginner 3 Johanne			yoga wall introduction Ute / Johanne		
16h15	FERMÉ CLOSED		pilates au sol matwork Johanne	yoga wall mixed levels Ute			
17h30	FERMÉ CLOSED	yoga wall mixed levels Ute	allegro ava 1 Johanne	allegro ava 1 Ute			
18h30	FERMÉ CLOSED		allegro mixed level Johanne				
19h00	FERMÉ CLOSED			allegro ava 1 + Men Ute			
19h15	FERMÉ CLOSED	allegro ava 1 + Men Ute					
19h30	FERMÉ CLOSED		yoga wall introduction Johanne				