



Passion Pilates
Body & Soul • Corps & Âmes

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

Pilates • Yoga • Therapie



***Horaire Ete 2015 / Summer 2015 Schedule**
allegro - pilates sur equipment / pilates on equipment

	Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday
7h15	men Michael		men Ute		
8h00		<i>pilates circuit</i> Ute			
8h30			avancé Ute		avancé Ute
9h00					
9h30		mixed levels Johanne		recuperative Johanne	intermediate 2 Johanne
9h45			avancé Janet		
10h15					
10h45		avancé Johanne		avancé Johanne	
11h30					
12h00				mixed levels Johanne	
13h30		therapeutic Johanne			Duo pila-yoga Johanne
16h20	beginner 3 Johanne	avancé Ute			
17h30	avancé Johanne		therapeutic Johanne		
18h00					
18h30	therapeutic Johanne		mixed levels Johanne		
19h15		avancé + men Marie-Claude		avancé + men Ute	
19h30	**walking clinic Johanne		Duo pila-yoga Johanne		
20h15	** starts august				

