



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**

yoga and mat pilates

	Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday
9h00						*yoga wall mixed levels Ute
10h30						yoga wall mixed levels Liz
11h00		chair yoga healing Susan			*yoga wall mixed levels Ute / Johanne	
12h15		yoga wall Introduction Johanne				
13h30					duo pila-yoga Johanne	
14h00				gentle yoga healing Susan		
16h15	yoga wall mixed levels Liz		pilates au sol mixed levels Johanne	yoga wall mixed levels Ute		
17h30		*yoga wall advanced Ute				
19h30			duo pila-yoga Johanne			

* 75 minutes classes

*Du 6 juillet au 26 septembre 2015 / From July 6th to September 26th 2015

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