

Studio Mont-Royal

Schedule from October 30th to December 23rd 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am – 11am MAT PILATES Open to all Room 2 - Ève	8am - 9pm MORNING YOGA Open to all Room 1 - Salomé	8am – 9am MAT PILATES Open to all Room 2 - Lucile	9am – 10am REFORMER PILATES* Regular Room 3 - Ève		10am – 11am REFORMER PILATES* Regular Room 3 - Tika
11:15am - 12:15pm REFORMER PILATES* Regular Room 3 - Ève	12pm – 1pm PILATES REFORMER Beginner Room 3 - Patricia	9:15am – 10:15am REFORMER PILATES* Regular Room 3 - Lucile		10:30am- 11:45am PRENATAL YOGA Room 1 - Caroline	10am–11am MAT PILATES Open to all Room 2 – Lucile
	5:30pm – 6:45pm PRENATAL YOGA Room 1 - Audrey	12pm – 1pm BARRE FITNESS Open to all Room 2 – Ava		12pm – 1pm MAT PILATES Open to all Room 2 - Lucile	11:15am–12:15pm MAT PILATES Open to all Room 2 - Tika
	5:30pm – 6:30pm MOTR PILATES** Open to all Room 2 - Patricia	4pm – 5pm POSTNATAL YOGA Room 1 - Roberta			11:15am-12:15pm PILATES REFORMER Initiation Room 3 – Lucile
5:45pm – 7pm PRENATAL YOGA Room 1 - Justine	5:30pm – 6:30pm REFORMER PILATES* Regular Room 3 - Ève	5:30pm – 6:45pm PRENATAL YOGA Room 1 - Roberta			12:30pm- 1:30pm PRENATAL REFORMER PILATES Room 3 - Tika
5:45pm – 6:45pm PILATES REFORMER Initiation Room 3 - Tika	6:45pm – 7:45pm ESSETRICS Open to all Room 2 – Vaiana	5:45pm – 6:45pm REFORMER PILATES* Regular Room 3 - Tika	5:45pm – 6:45pm MAT PILATES Open to all Room 2 - Ève	5:15pm – 6:15pm REFORMER PILATES* Intermediate Cardio+ Room 3 – Calista (Class in English)	
5:45pm – 6:45pm BARRE FITNESS Open to all Room 2 – Méhérine	7pm – 8:15pm HATHA YOGA Open to all Room 1 - Philippe	6pm - 7pm MAT PILATES Open to all Room 2 - Lucile	7pm – 8pm REFORMER PILATES* Regular Room 3 - Ève		
7pm - 8pm REFORMER PILATES* Regular Room 3 - Tika	7pm - 8pm REFORMER PILATES* Beginner Room 3 - Nicolas	7pm - 8pm FLOW YOGA Open to all Room 1 - Roberta	7pm – 8pm BARRE FITNESS Open to all Room 2 - Virginie		

*This level is for you if you have some experience with the Pilates Reformer. You need to have done the initiation and then the beginner levels.

**A good physical condition is required for the MOTR Pilates class.