

Studio Hochelaga

Schedule from October 30th to December 23rd 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10am - 11am POSTNATAL PILATES Mom & baby Lucile		9am - 10am MAT PILATES Open to all Geneviève		10am - 11am MAT PILATES Open to all Léa	10:15am–11:30am FLOW YOGA Open to all Imola
12pm–1pm FLOW YOGA Open to all Caroline	12pm-1pm BARRE FITNESS Open to all Ava			12pm - 1pm TABLE PILATES Open to all Maudaline	11:15am-12:15pm BARRE FITNESS Open to all Léa	
5:45pm-6:45pm YOGA HATHA Open to all Caroline	4:30pm-5:30pm TABLE PILATES Open to all Maudaline	5:45pm-6:45pm MOTR PILATES* Open to all Maudaline	5:45pm-6:45pm BARRE FITNESS Open to all Léa			
7:15pm-8:15pm BARRE FITNESS Open to all Caroline	5:45pm-6:45pm TABLE PILATES Open to all Maudaline	7pm - 8pm MAT PILATES Open to all Maudaline	7pm-8:15pm YOGA HATHA + Soud bath Open to all Caroline			

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