

		MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
M O R N I N G	9.45 AM	BEFORE Kite 30 min	BEFORE Kite 30 min	BEFORE Kite 30 min	BEFORE Kite 30 min	BEFORE Kite 30 min	BEFORE Kite 30 min	
	10.30 AM	Yin Yang	Aerial - Hamac	Yoga Flow	Aerial - Hamac	Hatha	Yoga Flow	
A F T E R N O O N	6.00 PM	Hatha	Yoga Flow	Aerial - Hamac		Yin Yang		
	7.00 PM	AFTER Kite 30 min	AFTER Kite 30 min	AFTER Kite 30 min	AFTER Kite 30 min	AFTER Kite 30 min		AFTER Kite 30 min
	7.30 PM	Aerial - Hamac	Yin		Hatha	Aerial - Hamac		Aerial - Hamac