

ÉTÉ 2023 | 8 SEMAINES DU LUNDI 3 JUILLET AU JEUDI 24 AOÛT

| LUNDI                                       | MARDI                                    | MERCREDI                                 | JEUDI                                                                                                   | VENDREDI | SAMEDI | DIMANCHE |
|---------------------------------------------|------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------|----------|--------|----------|
|                                             |                                          |                                          |                                                                                                         |          |        |          |
|                                             |                                          |                                          |                                                                                                         |          |        |          |
|                                             |                                          |                                          |                                                                                                         |          |        |          |
|                                             |                                          |                                          |                                                                                                         |          |        |          |
| <b>Ballet barre</b><br>17h30   18h30        | <b>Ballet stretch</b><br>17h30   18h30   | <b>Ballet Pilates</b><br>17h30   18h30   | <b>Variation</b><br>18h30   20h00<br><br>Sur réservation<br>6 participants et plus<br><br>30\$/personne |          |        |          |
| <b>Ballet initiation I</b><br>18h30   19h30 | <b>Ballet workout</b><br>18h30   19h30   | <b>Ballet pour tous</b><br>18h30   19h30 |                                                                                                         |          |        |          |
| <b>Ballet workout</b><br>19h30   20h30      | <b>Ballet pour tous</b><br>19h30   20h30 | <b>Ballet workout</b><br>19h30   20h30   |                                                                                                         |          |        |          |
|                                             |                                          |                                          |                                                                                                         |          |        |          |

espace  variation

SUMMER 2023 | 8 WEEKS FROM MONDAY JULY 3 TO THURSDAY AUGUST 24

| MONDAY                                    | TUESDAY                                | WEDNESDAY                              | THURSDAY                                                                                                               | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------------|----------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------|----------|--------|
|                                           |                                        |                                        |                                                                                                                        |        |          |        |
|                                           |                                        |                                        |                                                                                                                        |        |          |        |
|                                           |                                        |                                        |                                                                                                                        |        |          |        |
|                                           |                                        |                                        |                                                                                                                        |        |          |        |
| <b>Ballet Barre</b><br>17h30   18h30      | <b>Stretch</b><br>17h30   18h30        | <b>Pilates</b><br>17h30   18h30        | <b>Variation</b><br>18h30   20h00<br><br>Reservation<br>required<br>6 participants<br>and more<br><br>\$30/participant |        |          |        |
| <b>Ballet Initiation</b><br>18h30   19h30 | <b>Ballet Workout</b><br>18h30   19h30 | <b>Ballet All</b><br>18h30   19h30     |                                                                                                                        |        |          |        |
| <b>Ballet Workout</b><br>19h30   20h30    | <b>Ballet All</b><br>19h30   20h30     | <b>Ballet Workout</b><br>19h30   20h30 |                                                                                                                        |        |          |        |
|                                           |                                        |                                        |                                                                                                                        |        |          |        |