









# MOVE & RELEASE

Reconnect with your body and focus on functional & mindful movement to move and feel better.



<p><b>MONDAY</b></p> <p> YOGA Focus on : Sun salutations</p> <p>15' Coralie</p>	<p><b>TUESDAY</b></p> <p> YOGA Focus on : Heart openers</p> <p>45' Coralie</p>	<p><b>WEDNESDAY</b></p> <p> SPECIAL Morning Mobility</p> <p>45' Lucile</p>	<p><b>THURSDAY</b></p> <p> BARRE Focus on : Alignment</p> <p>20' Ana</p>	<p><b>FRIDAY</b></p> <p> BARRE Signature Class</p> <p>45' Ilaria</p>	<p><b>SATURDAY</b></p> <p>OUTDOOR WALK</p> <p>30' Medium Pace</p>	<p><b>SUNDAY</b></p> <p> YOGA Meditation</p> <p>15' Clélia</p>
<p><b>MONDAY</b></p> <p> SPECIAL Morning Mobility</p> <p>30' Lucile</p>	<p><b>TUESDAY</b></p> <p>  YOGA Signature Flow class</p> <p>45' Coralie</p>	<p><b>WEDNESDAY</b></p> <p> YOGA Flow for your abs</p> <p>30' Géraldine</p>	<p><b>THURSDAY</b></p> <p> YOGA Focus on : Thoracic spine</p> <p>30' Coralie</p>	<p><b>FRIDAY</b></p> <p> YOGA Focus on : Chair release</p> <p>15' Clélia</p>	<p><b>SATURDAY</b></p> <p> BARRE Signature Class</p> <p>45' Enora</p>	<p><b>SUNDAY</b></p> <p>OUTDOOR WALK</p> <p>30' Medium Pace</p>