

## Clinique La Prairie Weekly Activity Schedule

PLAN YOUR WEEK							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8H30-9H30			CIRCUIT TRAINING ADVANCED		YOGA		
9H30-10H30	PILATE MAT				KINESIS GROUP		
10H-10H45			AQUAGYM				
11H30-12H15	ANIMAL MOVE				AQUAGYM		
12H30-13H30			MOBILITY STRECHING				
18H-19H00		YOGA					