

CLASS SCHEDULE - SPRING 2024

SESSIONS ELIOT

SESSIONS MYRIELLE

SESSION 1 : APRIL 13 TO MAY 9, 2024 *

*(no class Apr. 27 & May 11 - additional class on May 18)

SESSION 2 : MAY 20 TO JUNE 15, 2024

MYRIELLE'S SPRING SESSION : MAY 22 TO JUNE 26, 2024

FEEES FOR THE WHOLE SESSION WITH MYRIELLE : 95 \$

DROP INS FOR MYRIELLE'S CLASSES : 22 \$

ELIOT'S DISCOUNTS : 10 % when you register for 2 classes per week
15 % when you register for 3 classes a week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	9am-10:30 LEVEL 1 HYBRID ELIOT		10-11:15am GENTLE LEVEL 1 IN STUDIO ONLY ELIOT	9am-10:30 LEVEL 2 HYBRID ELIOT		9am-10:15am ALL LEVELS YOGA IN STUDIO ONLY / ELIOT
			11:30am-12:30pm ALL LEVELS YOGA IN STUDIO ONLY / ELIOT	11am-12:15pm RESTORATIVE/VERY GENTLE IN STUDIO ONLY / ELIOT		10:30am-11:45am ALL LEVELS YOGA IN STUDIO ONLY / ELIOT
AFTERNOON		1:30pm-2:30 RESTORATIVE/VERY GENTLE IN STUDIO ONLY/ ELIOT				
		4:30-5:15pm NEELAKANTHA MED. GROUP ENGLISH HYBRID/ELIOT		4:30-5:15pm NEELAKANTHA MÉDIT.GROUPE FRANÇAIS HYBRIDE/ELIOT		
END OF DAY	5:30-7pm LEVEL 3 HYBRID ELIOT	5:30-7pm LEVEL 2 IN STUDIO ONLY ELIOT	6:15-7:30 PILATES HYBRID MYRIELLE	5:30-7pm LEVEL 3 IN STUDIO ONLY ELIOT		

For information on ELIOT's classes: info@centreyogaaylmer.com

For information on MYRIELLE's classes: Myrielle.bernieracuna@gmail.com.

