



WELLNESS & ART DE VIVRE

## Schedule of sport classes – Wellness Village

Group lessons are included during your stay at Lily of The Valley upon reservation at the Wellness Village.

In addition to group lessons, our coaches are at your disposal for individual sessions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 -10:00 am	RUNNING 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60' ou NATURE RUNNING 60'	VINYASA YOGA 60' ou RUNNING 60'	VINYASA YOGA 60' ou NATURE RUNNING 60'	RUNNING 60'
10:00 – 11:30 am			NORDIC WALK 90'				
10:00 – 10 :30 am	TRX 60'	BIKING SPRINT 30'	TRX 60'	FLYING YOGA 60'	CARDIO GAINAGE 30'	FLYING YOGA 60'	TRX 60'
10:30 – 11:00am		CARDIO GAINAGE 30'			BIKING SPRINT 30'		
11:00 – 11:30 am	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	VINYASA YOGA 60'	STRETCHING 30'
2:00 – 3:00 pm			VINYASA YOGA 60'		VINYASA YOGA 60'		
3:00 – 4: 30 pm		NORDIC WALK 90'		NORDIC WALK 90'			
4:00 – 5:00 pm	POSTURAL BALL 60'	TRX 60'	FLYING YOGA 60'	POSTURAL BALL 60'	TRX 60'	POSTURAL BALL 60'	CARDIO GAINAGE 30'
5:00 – 5:30 pm	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'
5:30 – 6:00 pm	CARDIO GAINAGE 30'	STRETCHING 30'	CARDIO GAINAGE 30'	TRX 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	TRX 30'
6:00 – 7:00 pm	STRETCHING 30'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	STRETCHING 30'	STRETCHING 30'
7:00 – 7:30pm	TRX 30'	BIKING SPRINT 30'	STRETCHING 30'	CARDIO GAINAGE 30'	STRETCHING 30'		