

Centre d'exercice et de rehabilitation
horaire des cours janvier au juin 2012

Time	Lundi	Mardi	Mercredi	Jeudi	Vendredi
10:00am	RetroFit Joelle Segers (10 - 11h)				
11:00am					
12:00pm		Pilates Intermediate I Joelle Segers (12-13h)	Pilates Beginner I Joelle Segers (12-13h)	Pilates Intermediate II Joelle Segers (12-13h)	Pilates Open Class Wendy Miller (12-13h)
1:00pm					
2:00pm					
3:00pm					
4:00pm					
5:00pm			Pilates Beginner II Joelle Segers (17h15-18h15)		Pilates Modification Class Joelle Segers (17h15-18h15)
6:00pm	Qiqong Joelle Segers (17h15-18h30)	Pilates Intermediate Wendy Miller (18-17h)	Tai Chi Chung Ming Tam (18h15-19h30)	Pilates Beginner Wendy Miller (17h45-18h45)	
7:00pm					