

# EQUILIBRIUM | HIVER/WINTER 2012 *Horaires sujet à changement sans préavis | Schedule subject to change without notice* 3 JAN -25 MARS 2012

HEURE   TIME	LUNDI   MONDAY	MARDI   TUESDAY	MERCREDI   WEDNESDAY	JEUDI   THURSDAY	VENREDI   FRIDAY	SAMEDI   SATURDAY	DIMANCHE   SUNDAY
<b>5:00</b> Gratuit   Free			<b>SADHANA KUNDALINI</b> TEJ BIR (ALFONSO)		<b>SADHANA KUNDALINI</b> SHABADLIV (ALEX)		
<b>8:00-9:30</b>			★ <b>HATHA YOGA</b> ALEX-ALFONSO				
<b>10:00-11:30</b>	★ <b>KUNDALINI (ANG)</b> 10 CORPS - SURJEET (IRENE)	★ <b>KUNDALINI</b> CHIRANJEEV (SEAN)	★ <b>KUNDALINI</b> SHABADLIV (ALEX)	★ <b>KUNDALINI</b> PREM SIRI (GINETTE)	★ <b>KUNDALINI</b> SHABAD SAROOP SINGH	★ <b>10H - 11H30</b> <b>KUNDALINI</b> - MARISA	★ <b>10H - 11H30</b> <b>HATHA YOGA</b> CORY-ALFONSO
<b>10:00-11:30</b>	★ <b>HATHA YOGA</b> CORY	★ <b>KRIPALU (ANG)</b> KIM ZOMBIK	★ <b>HATHA YOGA</b> ANTOINE	★ <b>KRIPALU</b> MARIE DAPHNÉ	★ <b>HATHA YOGA</b> ANTOINE	★ <b>11:45 - 13:15</b> <b>HATHA VINYASA</b> - CORY	★ <b>11:40 - 13:10</b> <b>KUNDALINI</b> - CELINA
<b>12H00-13H00</b>	◆ <b>11:00 -12:15</b> MAMAN/PAPA & BÉBÉ - TASHA		★ <b>MED KUNDALINI</b> SHABADLIV (ALEX)	★ <b>KUNDALINI</b> AMRIT DEV (LOUISE)	★ <b>KUNDALINI LÉGER</b> AMRIT DEV (LOUISE)		
<b>16:30-17:45</b>			★ <b>16:30-17:30</b> <b>PILATES</b> MARIE-CLAUDE	★ <b>KUNDALINI</b> TEJ BIR (ALFONSO)	★ <b>16:30-17:30 - PILATES</b> MARIE-CLAUDE/MAIRE-EVE	(ANG) 50% English	
	★ <b>KUNDALINI</b> TEJ BIR (ALFONSO)				★ <b>KUNDALINI</b> MARIE-LAURENCE	◆ <b>COURS SPÉCIALISÉS</b> : PRÉNATAL 1 sem. - 9 mois : MAMAN/PAPA & BÉBÉ 6 sem. - 20 mois	
<b>17:45-19:15</b>	★ <b>HATHA VINYASA</b> CORY	★ <b>17:45 - 19:10</b> <b>KRIPALU</b> - MARIE DAPHNÉ	<b>KRIPALU NIVEAU 1-2 (ANG)</b> KIM	◆ <b>17:30 - 19:00</b> <b>PRÉNATAL</b> - TASHA			
<b>18:00-19:15</b>	★ <b>KUNDALINI</b> FRANCOISE	★ <b>KUNDALINI</b> SHABAD SAROOP SINGH	★ <b>KUNDALINI</b> SHABAD SAROOP SINGH	★ <b>KUNDALINI</b> TEJ BIR (ALFONSO)	★ <b>MUSIQUE «LIVE»</b> <b>MED-KUNDALINI</b> SHABADLIV (ALEX)		
<b>18:00-19:30</b>	<b>HATHA YOGA</b> NIVEAU 1-2 - ANTOINE			<b>HATHA YOGA</b> NIVEAU 2-3 - ANTOINE			
<b>19:15-20:30</b>		★ <b>YIN &amp; RESTAURATIF</b> (YOGA DETENTE) MARIE DAPHNÉ		★ <b>19:45 - 21H00</b> <b>RESTAURATIF &amp; MÉDITATION</b> ANTOINE			
<b>19:30-21:00</b>	<b>KUNDALINI</b> NIVEAU 1 VANESSA	★ <b>19:30 - 20:45</b> <b>MED KUNDALINI - GONG</b> SHABAD SAROOP SINGH	★ <b>HATHA VINYASA</b> CORY				

★ : tous niveaux, débutants bienvenus  
 : multi level, beginners welcome

Niveau 1 : Débutant | Beginners  
 Niveau 2 : Intermédiaire | Intermediate  
 Niveau 3 : Avancé | Advanced