

# CE MOIS-CI AU CLUB THIS MONTH IN YOUR CLUB



## MÉDITATION ET SONS GUÉRISSEURS

10/09, 9.30 - 10.30  
STUDIO ZEN



## NEW MOON MÉDITATION ET BAINS DE GONG RÉGÉNÉRANTS

25/09, 10.30-12.00  
STUDIO ZEN



## YOGA HIP OPENING WORKSHOP

20/09, 18.00 - 19.30  
STUDIO ZEN



## INTERVAL CIRCUIT

24/09, 10.00 - 10.45  
PISCINE



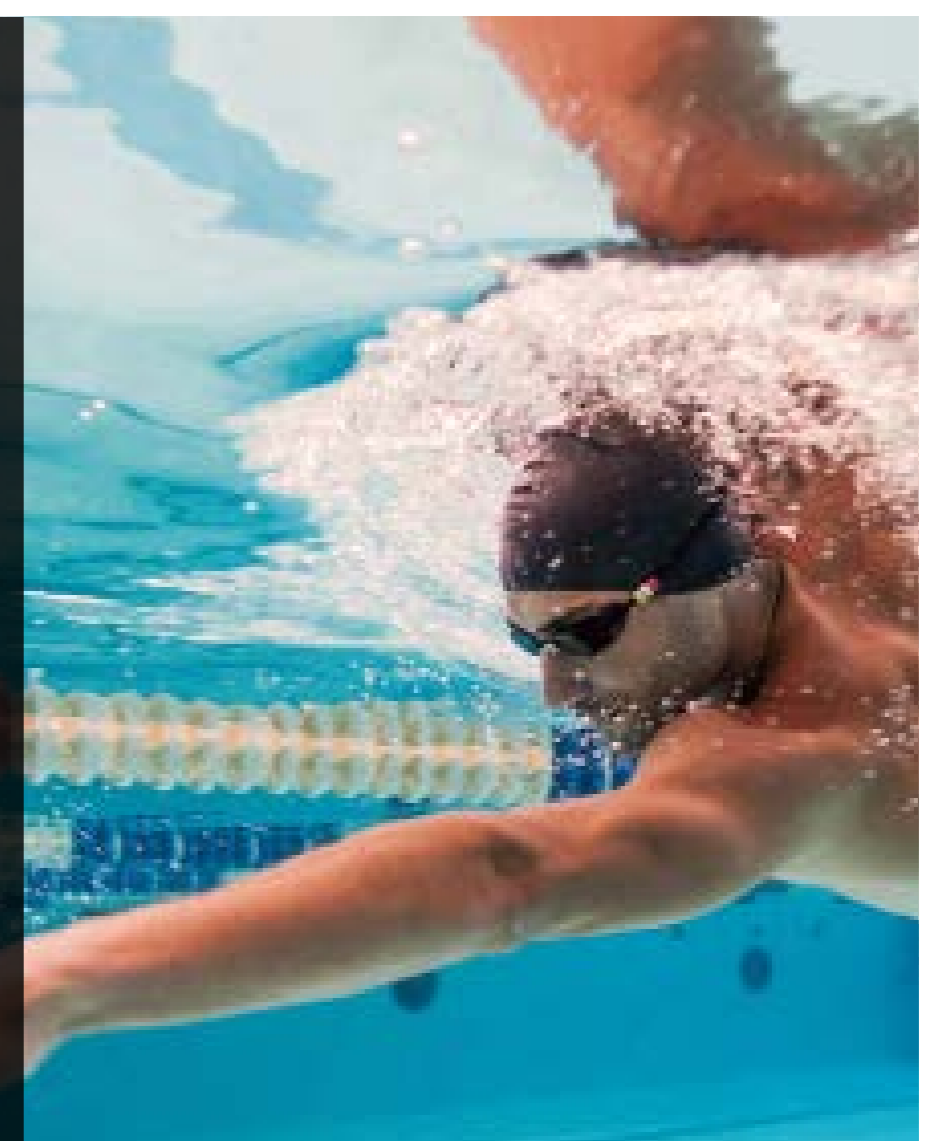
## THE RACE CYCLING

17/09, 10.30 - 12.30  
STUDIO CADENCE



## H2O SCULPT

24/09, 11.00 - 11.45  
PISCINE

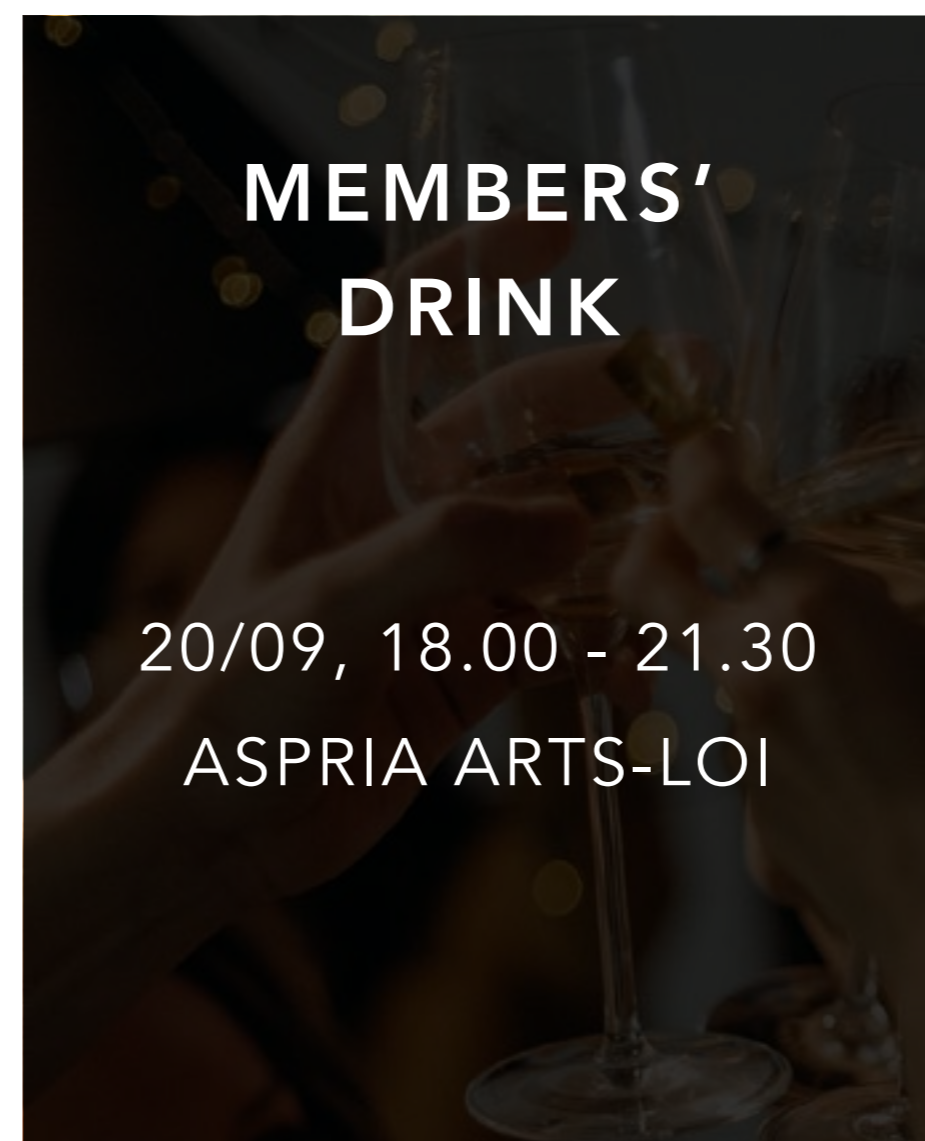


## YOGA BRUNCH

18/09, 25/09, 02/10  
& 09/10, 11.00 - 13.30

WOLF

INSCRIPTIONS  
VIA NEWSLETTER



## MEMBERS' DRINK

20/09, 18.00 - 21.30  
ASPRIA ARTS-LOI



ASPRIA