



WELLNESS & ART DE VIVRE

English

Planning des cours collectifs - Village Wellness

Les cours collectifs sont inclus pendant votre séjour à Lily of The Valley sur réservation auprès de la réception du Village Wellness.

En complément des cours collectifs, nos coachs sont à votre disposition pour des séances individuelles.

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h-10h	RUNNING 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60' ou COURSE NATURE 60'	VINYASA YOGA 60' ou RUNNING 60'	VINYASA YOGA 60' ou COURSE NATURE 60'	RUNNING 60'
10h-11h30			MARCHE NORDIQUE 90'				
10h-10h30	TRX 60'	BIKING SPRINT 30'	TRX 60'	FLYING YOGA 60'	CARDIO GAINAGE 30'	FLYING YOGA 60'	TRX 60'
10h30-11h		CARDIO GAINAGE 30'			BIKING SPRINT 30'		
11h-11h30	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	VINYASA YOGA 60'	STRETCHING 30'
14h-15h			VINYASA YOGA 60'		VINYASA YOGA 60'		
15h-16h30		MARCHE NORDIQUE 90'		MARCHE NORDIQUE 90'			
16h-17h	POSTURAL BALL 60'	TRX 60'	FLYING YOGA 60'	POSTURAL BALL 60'	TRX 60'	POSTURAL BALL 60'	CARDIO GAINAGE 30'
17h-17h30	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'
17h30-18h	CARDIO GAINAGE 30'	STRETCHING 30'	CARDIO GAINAGE 30'	TRX 30'	CARDIO GAINAGE 30'	BIKING SPRINT 30'	TRX 30'
18h-19h	STRETCHING 30'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	VINYASA YOGA 60'	STRETCHING 30'	STRETCHING 30'
19h-19h30	TRX 30'	BIKING SPRINT 30'	STRETCHING 30'	CARDIO GAINAGE 30'	STRETCHING 30'		

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'		