



# CLUB ATHLÉTIQUE SHERBROOKE

## Fevier/February

<u>Lundi</u> <u>Monday</u>	<u>Mardi</u> <u>Tuesday</u>	<u>Mercredi</u> <u>Wednesday</u>	<u>Jeudi</u> <u>Thursday</u>	<u>Vendredi</u> <u>Friday</u>	<u>Samedi</u> <u>Saturday</u>
	<b>Vinyasa FLOW Yoga</b> <b>9:30-10:30</b> <b>Chagit</b>				
<b>Functional Body Movement</b> <b>11:30-12:15</b> <b>Nathan</b>	<b>Functional Body Movement</b> <b>11:45-12:30</b> <b>Mentor</b>	<b>Functional Body Movement</b> <b>11:45-12:30</b> <b>Nathan</b>	<b>Essentrics</b> <b>11:45-12:45</b> <b>Hayley</b>	<b>Functional Body Movement</b> <b>11:45-12:30</b> <b>Nathan</b>	

**Pour plus d'informations/For more information**

**Call: 514-985-0888**