



TOUR D'ÉOLE

23°44'16.1"N | 15°47'02.3"W

Yoga and Stretching Classes Schedule

COME JOIN OUR DAILY CLASSES TO SUPPORT YOUR TRAINING ON THE WATER!

Yoga is excellent to strengthen your muscles and prepare your mind before your session
Stretching classes will help your body to recover and get ready for the next day

ALL LEVELS

1 HOUR CLASS

MORNING CLASS : 8:30 AM

EVENING CLASSES : 6:30 PM

GLOBAL CORE WARM UP

SUNDAY

AM - Strength
PM - Stretching

LEGS & HIPS

MONDAY

AM - Strength
PM - Stretching

BACK & ABDOMEN

THUESDAY

AM - Strength
PM - Stretching

CHEST & SHOULDERS & ARMS

WEDNESDAY

AM - Strength
PM - Stretching

BODY & MIND AWARENESS

THURSDAY

AM - Balance
PM - Restorative

BOOST UP

FRIDAY

AM - Cardio
PM - Private coaching*

PRICE : 12€
SIGN UP AT RECEPTION
* Ask reception