

TANIA PARIS ///

numa
studios

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**WEEKLY SCHEDULE
MARCH 2025**

Lasalle

Lachine

West Island

LIVE Online

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
7:00 am	Mobility (Online)			Mobility (Online)	
9:00 am					Bootcamp Level 1
10:00 AM					Bootcamp Level 2
11:00 AM					SOKASWEAT
5:00 PM	Bootcamp Level 1	Acro Kids	Tabata 5:30	Cardio/Core 5:30	
6:00 PM	Bootcamp Level 2	Acro Adults	SOKASWEAT	Bootcamp Level 1	Bootcamp Level 2
7:00 PM	Luna Level 1 7:15	Yoga Basics	SOKASWEAT		
8:00 PM					

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