



N2
PRIVATE TRAINING CLUB

TANIA PARIS ///

WEEKLY SCHEDULE

Lasalle

Lachine

LIVE Online

Time	Monday	Tuesday	Wednesday		Thursday	Saturday
7:00 am	Mobility (Online)					
9:00 am						Mobility
10:00 AM						Bootcamp
11:00 AM						
5:00 PM	Bootcamp 5:15					
6:00 PM	Bootcamp	SOKASWEAT	SOKASWEAT		Yoga Basics 6:15	
7:00 PM			Luna Level 1	Bootcamp		
8:00 PM						