

numa

studios



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 am	Mobility (Hybrid)						
9:15-10 am						Bootcamp All Levels	
10-10:45 AM						Bootcamp Level 2	
11-11:40 AM						SOKASWEAT	
12-1 PM	Bootcamp All Levels		Bootcamp All Levels		Bootcamp All Levels		
5:30-6:15 PM	Bootcamp All Levels						
6:15-7 PM	Bootcamp Level 2	Zumba 6:30 PM	SOKASWEAT	YOGA			
7-7:40 PM	SOKASWEAT		Bootcamp Level 2				
8-9 PM	Luna Level 2		Luna Level 1				

IG: numa_montreal
 IG: taniaparisfit

www.taniaparis.com/numa
 514.999.3676