

SALLE PRINCIPALE

› WORKOUTS | 08:00 - 08:55

SESSION 1 - FLOW BAR CLASS

Sónia Abrantes

› WORKSHOPS | 09:00 - 10:30

SESSION 4 - B.R.I.S

Gabor Fuzy

› WORKSHOPS | 10:45 - 12:15

SESSION 6 - TENSEGRITY MATWORK WITH NO PROPS

Elizabeth Larkam

› LUNCH SESSION | 12:15 - 13:00

SESSION 8 - TRIGGERPOINT PERFORMANCE THERAPY - Les dernières techniques

David Cretin

› WORKOUTS | 13:15 - 14:10

SESSION 10 - LE MAT LUDIQUE AVEC LE ROLLER!

Ann McMillan

› WORKSHOPS | 14:15 - 15:45

SESSION 13 - FASCIA FOCUSED MOVEMENTS THAT SUPPORT YOUR UPRIGHT POSTURE

Elizabeth Larkam

› WORKSHOPS | 16:00 - 17:30

SESSION 16 - HEALTHY FEET, HAPPY PELVIS

Gabor Fuzy

› WORKOUTS | 17:40 - 18:30

SESSION 19 - BODY RE-INTEGRATION

Gabor Fuzy

SALLE SECONDAIRE

› WORKOUTS | 08:00 - 08:55

SESSION 2 - LE CLASSIC MAT REVISITÉ

Ann McMillan

› WORKSHOPS | 09:00 - 10:30

SESSION 5 - SPIRALDYNAMIK: TRUNK, RIBS & SHOULDERGIRDLE

Monica Fisher

› WORKSHOPS | 10:45 - 12:15

SESSION 7 - LA RESPIRATION ET LA STABILITÉ PELVIENNE (Avec élastiques Sveltus)

Ann McMillan

› LUNCH SESSION | 12:15 - 13:00

SESSION 9 - STEP UP YOUR CLASS

Ana Luís Martins

› WORKOUTS | 13:15 - 14:10

SESSION 11 - FLUID SEQUENCE IN PILATES

Sónia Abrantes

› WORKSHOPS | 14:15 - 15:45

SESSION 14 - FUNCTIONAL PILATES POUR PT

Sónia Abrantes

› WORKSHOPS | 16:00 - 17:30

SESSION 17 - MOVNAT & PILATES

David Cretin

› WORKOUTS | 17:40 - 18:30

SESSION 20 - MAT SPECTRUM - REALLY BASIC TO REALLY ADVANCED

Elizabeth Larkam

STUDIO HBX

› CONFÉRENCE | 08:00 - 10:00

SESSION 3 - COACHING MENTAL:

Gestion du stress et des émotions, Astuces et techniques

Sylvain Baert

› ESPACE LUNCH | 12:15 - 13:30

LUNCH & BUFFET

› WORKOUTS | 13:15 - 14:10

SESSION 12 - PILATES BY THE BOOK

Ana Luís Martins

› CONFÉRENCE | 14:15 - 15:45

SESSION 15 - COACHING MENTAL: TECHNIQUES DE RESPIRATION ET DE RELAXATION

Sylvain Baert

› WORKSHOPS | 16:00 - 17:30

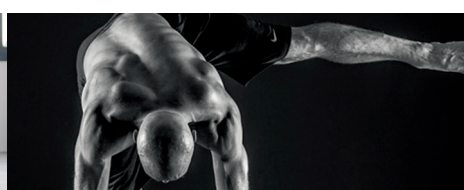
SESSION 18 - SPIRALDYNAMIK & YOUR FEET

Monica Fischer

› CONFÉRENCE | 17:40 - 19:00

SESSION 21 - PILATES RELAX & MEDITATION

Ana Luís Martins



SALLE PRINCIPALE

› WORKOUTS | 08:00 - 08:55

SESSION 22 - GARUDA WAKE UP
Eva Winskill

› WORKSHOPS | 09:00 - 10:30

SESSION 25 - SPIRALDYNAMIK &
YOUR FEET
Monica Fisher

› WORKSHOPS | 10:45 - 12:15

SESSION 27 - GARUDA STANDING
(yoga blocks)
Eva Winskill

› LUNCH SESSION | 12:15 - 13:00

SESSION 29 - PILATES HIIT CIRCUIT
David Cretin

› WORKOUTS | 13:15 - 14:10

SESSION 31 - BALANCE PILATES ARC
Elizabeth Larkam

› WORKSHOPS | 14:15 - 15:45

SESSION 34 - GARUDA CHAKRAS
FOAM ROLLERS
Eva Winskill

SALLE SECONDAIRE

› WORKOUTS | 08:00 - 08:55

SESSION 23 - GET BETTER WITH
MAGIC CIRCLES
Gabor Fuzy

› WORKSHOPS | 09:00 - 10:30

SESSION 26 - LES APPUIS EN PILATES
Ann McMillan

› WORKSHOPS | 10:45 - 12:15

SESSION 28 - SQUATOLOGY 101,
ALL ABOUT SQUATING
Gabor Fuzy

› LUNCH SESSION | 12:15 - 13:00

SESSION 30 - PT REFRESH - COACHING
Sónia Abrantes

› WORKOUTS | 13:15 - 14:10

SESSION 32 - DANCE YOUR BALL
Ana Luís Martins

› WORKSHOPS | 14:15 - 15:45

SESSION 35 - PLANIFICATION DES
ENTRAINEMENTS PILATES. APPROCHE
PHYSIOLOGIQUE ET DIDACTIQUE
David Cretin

› WORKSHOPS | 16:00 - 17:30

SESSION 37 - EMBRYOLOGY INFORMS
MOVEMENT EFFICIENCY, STRENGTH,
COORDINATION. HOW THE EYES,
TONGUE AND HANDS GUIDE YOUR
MOVEMENT
Elizabeth Larkam

STUDIO HBX

› CONFÉRENCE | 08:00 - 10:00

SESSION 24 - COACHING MENTAL :
Initiation à la méditation de pleine
conscience
Sylvain Baert

› ESPACE LUNCH | 12:15 - 13:30

LUNCH & BUFFET

› WORKOUTS | 13:15 - 14:10

SESSION 33 - LES PIEDS DES COUREURS
Ann McMillan

› CONFÉRENCE | 14:15 - 15:45

SESSION 36 - SPIRALDYNAMIK
KNEES & LEGS
Monica Fisher

› CONFÉRENCE | 16:00 - 17:30

SESSION 38 - COACHING MENTAL :
5 CLÉS POUR OPTIMISER LE BIEN-ÊTRE
Sylvain Baert

