

# HORAIRES COURS REFORMER PILATES

## LUNDI

**Posture Please**  
(All Levels)  
**10H00**

**Slow Sculpt**  
(Intermediate)  
**12H00**

**Beginner Basics**  
(Level 1)  
**17H30**

**Triple Threat**  
(Intermediate)  
**18H30**

## MARDI

**Triple Threat**  
(Intermediate)  
**9H00**

**Slow Sculpt**  
(Intermediate)  
**17H30**

**Posture Please**  
(All Levels)  
**18H30**

## MERCREDI

**Athletic Align**  
(Advance)  
**17H00**

**Beginner Basics**  
(Level 1)  
**19H00**

## JEUDI

**Triple Threat**  
(Intermediate)  
**12H00**

**Posture Please**  
(All Levels)  
**17H00**

**Slow Sculpt**  
(Intermediate)  
**18H00**

## VENDREDI

**Beginner Basics**  
(Level 1)  
**9H00**

**Athletic Align**  
(Advance)  
**11H15**

## SAMEDI

**Triple Threat**  
(Intermediate)  
**10H00**

**Posture Please**  
(All Levels)  
**11H00**

## DIMANCHE