HORAIRES COURS REFORMER PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Posture Please (All Levels) 10H00	Triple Treat (Intermediate) 8H00	Juicy Jumpboard (Intermediate) 11h00	Triple Treat (Intermediate) 12H00	Beginner Basics (Level 1) 9H00	Juicy Jumpboard (Intermediate) 9H00	Beginner Basics (Level 1) 9H30
Slow Sculpt (Intermediate) 12H00		Athletic Align (Advance) 17H00	Posture Please (All Levels) 17H00	Posture Please (All Levels) 10H00	Triple Threat (Intermediate) 10H00	Slow Sculpt (Intermediate) 10H30
Posture Please (All Levels) 17H30	Beginner Basics (Level 1) 17H30	Posture Please (All Levels) 18H00	Slow Sculpt (Intermediate) 18H00	Athletic Align (Advance) 11H15	Posture Please (All Levels) 11H00	
Triple Threat (Intermediate) 18H30	Slow Sculpt (Intermediate) 18H30	Beginner Basics (Level 1) 19H00	Triple Threat (Intermediate) 19H15			
Juicy Jumpboard (Intermediate) 19H30						