

HORAIRES COURS REFORMER PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	Triple Threat (Intermediate) 8H00			Beginner Basics (Level 1) 9H00	Juicy Jumpboard (Intermediate) 9H00	Beginner Basics (Level 1) 9H00
Posture Please (All Levels) 10H00				Posture Please (All Levels) 10H00	Triple Threat (Intermediate) 10H00	Slow Sculpt (Intermediate) 10H00
Slow Sculpt (Intermediate) 12H00		Juicy Jumpboard (Intermediate) 11h00		Athletic Align (Advance) 11H15	Posture Please (All Levels) 11H00	Posture Please (All Levels) 11H00
	Athletic Align (Advance) 17H00		Triple Threat (Intermediate) 12H00			
Posture Please (All Levels) 17H30	Beginner Basics (Level 1) 18H00	Posture Please (All Levels) 18H00	Posture Please (All Levels) 17H00			
Triple Threat (Intermediate) 18H30	Slow Sculpt (Intermediate) 19H00	Beginner Basics (Level 1) 19H00	Slow Sculpt (Intermediate) 18H00			
Juicy Jumpboard (Intermediate) 19H30			Triple Threat (Intermediate) 19H00			
			Beginner Basics (Level 1) 20H00			