

# HORAIRES COURS REFORMER PILATES

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