## HORAIRES COURS REFORMER PILATES

**MARDI MERCREDI IEUDI** VENDREDI LUNDI **SAMEDI** DIMANCHE **Beginner Basics Posture Please** (Level 1) (All Levels) 7:00AM 7H00 **Triple Threat Triple Threat Posture Please Beginner Basics** (Intermediate) (Intermediate) (All Levels) (Level 1) 8H00 **Slow Sculpt** 9H00 8H00 9H00 (Intermediate) 8H00 **Posture Please Beginner Basics Posture Please Slow Sculpt** (All Levels) (Level 1) (All Levels) 9H00 **Triple Threat** (Intermediate) 9H00 **Posture Please** 10H00 10H00 (Intermediate) (All Levels) 9H00 9H00 Juicy **Posture Please Posture Please Posture Please Jumpboard** (All Levels) (All Levels) (All Levels) (Intermediate) 10H00 11H00 10H00 11H00 **Athletic Align** Juicy (Advance) **Slow Sculpt Jumpboard Triple Threat Beginner Basics Triple Threat** 11H00 (Intermediate) (Intermediate) (Intermediate) (Level 1) (Intermediate) 12H00 12H00 12H00 11H15 12H00 **Slow Sculpt Athletic Align Posture Please** (All Levels) (Intermediate) (Advance) 17H00 17H00 17H00 **Posture Please** (All Levels) 17H30 **Slow Sculpt Triple Threat Posture Please** (Intermediate) (Intermediate) (All Levels) 18H00 18H00 18H00 **Triple Threat** (Intermediate) Juicy 18H30 **Posture Please Beginner Basics** Jumpboard (All Levels) (Level 1) (Intermediate) 19H00 19H00 19H00 **Beginner Basics** (Level 1) **Beginner Basics Slow Sculpt** Triple Threat 19H30 (Level 1) (Intermediate) (Intermediate) 20H00 20H00 20H00