

HORAIRES COURS REFORMER PILATES

LUNDI

Triple Threat
(Intermediate)
9H00

Posture Please
(All Levels)
10H00

Slow Sculpt
(Intermediate)
12H00

Posture Please
(All Levels)
17H30

Triple Threat
(Intermediate)
18H30

Beginner Basics
(Level 1)
19H30

MARDI

Triple Threat
(Intermediate)
8H00

Posture Please
(All Levels)
9H00

**Juicy
Jumpboard**
(Intermediate)
12H00

Slow Sculpt
(Intermediate)
17H00

Triple Threat
(Intermediate)
18H00

Posture Please
(All Levels)
19H00

Beginner Basics
(Level 1)
20H00

MERCREDI

Beginner Basics
(Level 1)
7:00AM

Slow Sculpt
(Intermediate)
8H00

Posture Please
(All Levels)
9H00

Athletic Align
(Advance)
17H00

Posture Please
(All Levels)
18H00

**Juicy
Jumpboard**
(Intermediate)
19H00

Slow Sculpt
(Intermediate)
20H00

JEUDI

Posture Please
(All Levels)
8H00

Athletic Align
(Advance)
11H00

Posture Please
(All Levels)
17H00

Slow Sculpt
(Intermediate)
18H00

Beginner Basics
(Level 1)
19H00

Triple Threat
(Intermediate)
20H00

VENDREDI

Posture Please
(All Levels)
7H00

Beginner Basics
(Level 1)
9H00

Posture Please
(All Levels)
10H00

Triple Threat
(Intermediate)
11H15

SAMEDI

Triple Threat
(Intermediate)
9H00

Posture Please
(All Levels)
10H00

**Juicy
Jumpboard**
(Intermediate)
11H00

Beginner Basics
(Level 1)
12H00

DIMANCHE

Beginner Basics
(Level 1)
9H00

Slow Sculpt
(Intermediate)
10H00

Posture Please
(All Levels)
11H00

Triple Threat
(Intermediate)
12H00