

HORAIRES COURS REFORMER+ CHAISE PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		Triple Threat (Level 3 Reformer) 7H00		Posture Please (Level 2 Reformer) 7H00		
	Chair Control (Level 2 Chair) 8H00	Posture Please (Level 2 Reformer) 8H00		Slow Sculpt (Level 3 Reformer) 8H00		
Posture Please (Level 2 Reformer) 9H00	Posture Please (Level 2 Reformer) 9H00	Fusion Flow (Level 3 Chair + Reformer) 9H00		Beginner Basics (Level 1 Reformer) 9H00	Juicy Jumpboard (Level 3 Reformer) 9H00	Beginner Basics (Level 1 Reformer) 9H00
Triple Threat (Level 3 Reformer) 10H00				Chair Control (Level 2 Chair) 10H00	Triple Threat (Level 3 Reformer) 10H00	Slow Sculpt (Level 3 Reformer) 10H00
Beginner Basics (Level 1 Reformer) 12H00	Slow Sculpt (Level 3 Reformer) 12H00	Juicy Jumpboard (Level 3 Reformer) 12H00		Power Precision (Level 4 Chair + Reformer) 11H00	Posture Please (Level 2 Reformer) 11H00	Posture Please (Level 2 Reformer) 11H00
			Posture Please (Level 2 Reformer) 17H00			
Posture Please (Level 2 Reformer) 17H30	Slow Sculpt (Level 3 Reformer) 18H00	Triple Threat (Level 3 Reformer) 18H00	Fusion Flow (Level 3 Chair + Reformer) 18H00			
Beginner Basics (Level 1 Reformer) 18H30	Beginner Basics (Level 1 Reformer) 19H00	Posture Please (Level 2 Reformer) 19H00	Beginner Basics (Level 1 Reformer) 19H00			
Triple Threat (Level 3 Reformer) 19H30	Posture Please (Level 2 Reformer) 20H00	Beginner Basics (Level 1 Reformer) 20H00	Slow Sculpt (Level 3 Reformer) 20H00			