

# HORAIRES LAVAL REFORMER PILATES

## LUNDI

**Posture Please**  
(Level 2)  
10H00

**Triple Threat**  
(Level 3)  
12H00

**Posture Please**  
(Level 2)  
17H30

**Triple Threat**  
(Level 3)  
18H30

**Slow Sculpt**  
(Level 3)  
19H30

## MARDI

**Posture Please**  
(Level 2)  
9H00

**Posture Please**  
(Level 2)  
12H00

**Slow Sculpt**  
(Level 3)  
18H00

**Posture Please**  
(Level 2)  
19H00

**Beginner Basics**  
(Level 1)  
20H00

## MERCREDI

**Posture Please**  
(Level 2)  
9H00

**Posture Please**  
(Level 2)  
18H00

**Juicy  
Jumpboard**  
(Level 3)  
19H00

**Slow Sculpt**  
(Level 3)  
20H00

## JEUDI

**Athletic Align**  
(Level 4)  
11H00

**Posture Please**  
(Level 2)  
17H00

**Slow Sculpt**  
(Level 3)  
18H00

**Triple Threat**  
(Level 3)  
19H00

**Beginner Basics**  
(Level 1)  
20H00

## VENDREDI

**Posture Please**  
(Level 2)  
8H00

**Beginner Basics**  
(Level 1)  
9H00

**Posture Please**  
(Level 2)  
10H00

**Triple Threat**  
(Level 3)  
11H15

## SAMEDI

**Triple Threat**  
(Level 3)  
9H00

**Posture Please**  
(Level 2)  
10H00

**Juicy  
Jumpboard**  
(Level 3)  
11H00

**Beginner Basics**  
(Level 1)  
12H00

## DIMANCHE

**Beginner Basics**  
(Level 1)  
9H00

**Slow Sculpt**  
(Level 3)  
10H00

**Posture Please**  
(Level 2)  
11H00

**Triple Threat**  
(Level 3)  
12H00