

# HORAIRES BOIS-FRANC REFORMER + CHAISE

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