

# HORAIRES BOIS-FRANC REFORMER + CHAISE

## LUNDI

**Triple Threat**  
(Level 3 Reformer)  
10H00

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

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

**Beginner Basics**  
(Level 1 Reformer)  
19H00

**Fusion Flow**  
(Level 3 Chair +  
Reformer)  
20H00

## MARDI

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

**Slow Sculpt**  
(Level 3 Reformer)  
12H00

**Beginner Basics**  
(Level 1 Reformer)  
18H00

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

**Posture Please**  
(Level 2 Reformer)  
20H00

## MERCREDI

**Juicy  
Jumpboard**  
(Level 3  
Reformer)  
12H00

**Fusion  
Flow**  
(Level 3  
Chair +  
Reformer)  
12H00

**Triple Threat**  
(Level 3 Reformer)  
18H00

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

## JEUDI

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

**Fusion Flow**  
(Level 3 Chair +  
Reformer)  
18H30

**Beginner Basics**  
(Level 1 Reformer)  
19H30

## VENDREDI

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

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

**Chair Control**  
(Level 2 Chair)  
11H00

**Slow Sculpt**  
(Level 3 Reformer)  
12H00

## SAMEDI

**Juicy Jumpboard**  
(Level 3 Reformer)  
9H00

**Triple Threat**  
(Level 3 Reformer)  
10H00

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

**Chair  
Control**  
(Level 2  
Chair)  
11H00

## DIMANCHE

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

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

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