

HORAIRES COURS BOIS-FRANC

LUNDI

Triple Threat
(Level 3 Reformer)
10H00

Beginner Basics
(Level 1 Reformer)
12H00

Posture Please
(Level 2 Reformer)
18H00

Fusion Flow
(Level 3 Duo)
19H00

Bx Studio Method
(All Levels)
20H00

MARDI

Posture Please
(Level 2 Reformer)
9H00

Slow Sculpt
(Level 3 Reformer)
12H00

Beginner Basics
(Level 1 Reformer)
18H00

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

Posture Please
(Level 2 Reformer)
20H00

MERCREDI

Bx Studio Method
(All Levels)
11H00

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

**Fusion
Flow**
(Level 3
Duo)
12H00

Triple Threat
(Level 3 Reformer)
18H00

Posture Please
(Level 2 Reformer)
19H00

Fusion Flow
(Level 3 Duo)
20H00

JEUDI

Posture Please
(Level 2 Reformer)
17H30

Bx Studio Method
(All Levels)
18H30

Slow Sculpt
(Level 3 Reformer)
19H30

VENDREDI

Posture Please
(Level 2 Reformer)
8H00

Slow Sculpt
(Level 3 Reformer)
12H00

SAMEDI

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

Triple Threat
(Level 3 Reformer)
10H00

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

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

DIMANCHE

Slow Sculpt
(Level 3 Reformer)
10H00

Posture Please
(Level 2 Reformer)
11H00

Bx Studio Method
(All Levels)
12H00

