

HORAIRES COURS REFORMER PILATES

LUNDI

Posture Please
(Level 2)
10H00

Bx Studio Method
(All Levels)
12H00

Posture Please
(Level 2)
17H30

Triple Threat
(Level 3)
18H30

Slow Sculpt
(Level 3)
19H30

MARDI

Posture Please
(Level 2)
12H00

Beginner Basics
(Level 1)
18H00

Posture Please
(Level 2)
19H00

Bx Studio Method
(All Levels)
20H00

MERCREDI

Slow Sculpt
(Level 3)
12H00

Posture Please
(Level 2)
18H00

Juicy
Jumpboard
(Level 3)
19H00

Slow Sculpt
(Level 3)
20H00

JEUDI

Bx Studio Method
(All Levels)
17H30

Slow Sculpt
(Level 3)
18H30

Beginner Basics
(Level 1)
19H30

VENDREDI

Posture Please
(Level 2)
9H00

Slow Sculpt
(Level 3)
10H00

Athletic Align
(Level 4)
11H15

SAMEDI

Triple Threat
(Level 3)
9H00

Posture Please
(Level 2)
10H00

Juicy
Jumpboard
(Level 3)
11H00

Beginner Basics
(Level 1)
12H00

DIMANCHE

Bx Studio Method
(All Levels)
9H00

Slow Sculpt
(Level 3)
10H00

Posture Please
(Level 2)
11H00

Triple Threat
(Level 3)
12H00

