

PILATES REFORMER | HORAIRE D'AUTOMNE | DU 11 SEPTEMBRE AU 18 DÉCEMBRE 2023

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	8h (60min) REFORMER NIV 2 à AVANCÉE		8h (60min) REFORMER NIV 2 à AVANCÉE			
9h (60min) REFORMER NIVEAU 1&2	9h (60min) REFORMER NIVEAU 1	9h (60min) REFORMER NIVEAU 2	9h (60min) REFORMER NIVEAU 2	9h (60min) REFORMER NIVEAU 2	8h45 (60min) REFORMER JUMPBOARD	9h (60min) REFORMER NIVEAU 1
10h15 (60min) REFORMER NIVEAU 1	10h15 (60min) REFORMER JUMPBOARD	10h15 (60min) REFORMER STRETCHING	10h15 (60min) REFORMER NIVEAU 1&2	10h15 (60min) REFORMER NIVEAU 1	10h (60min) REFORMER NIVEAU 2	10h15 (60min) REFORMER NIVEAU 1&2
11h30 (60min) REFORMER NIVEAU 1&2	11h30 (60min) REFORMER (privé/découverte)	11h30 (60min) REFORMER (privé/découverte)	11h30 (60min) REFORMER NIVEAU 1&2	11h30 (60min) REFORMER NIVEAU 1&2	11h30 (60min) REFORMER NIVEAU 1&2	11h30 (60min) REFORMER NIVEAU 1&2
				12h30 (60min) REFORMER (privé/découverte)	12h30 (60min) REFORMER (privé/découverte)	12h30 (60min) REFORMER (privé/découverte)
		16h (60min) REFORMER NIVEAU 1	16h (60min) REFORMER (privé/découverte)		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #f4a460; border: 1px solid #ccc;"></div> Cours de groupe <div style="width: 20px; height: 20px; background-color: #90ee90; border: 1px solid #ccc;"></div> Cours privé et découverte </div>	
17h (60min) REFORMER NIVEAU 1&2	17h15 (60min) REFORMER STRETCHING	17h (60min) REFORMER (privé/découverte)	17h (60min) REFORMER JUMPBOARD			
18h (60min) REFORMER NIVEAU 2	18h15 (60min) REFORMER JUMPBOARD	18h15 (60min) REFORMER NIVEAU 1	18h15 (60min) REFORMER NIVEAU 1			
19h15 (60min) REFORMER JUMPBOARD	19h15 (60min) REFORMER NIVEAU 3	19h30 (60min) REFORMER STRETCHING	19h30 (60min) REFORMER NIVEAU 1&2			