

# HORAIRE PRINTEMPS | 2025

## PILATES REFORMER

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	8h (60min) REFORMER NIV 2 AVANCÉ		8h (60min) REFORMER NIV 2 AVANCÉ			
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 NIVEAU 1-2	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 NIVEAU 1	12h45 (60min) REFORMER NIVEAU 1	11h30 (60min) REFORMER NIVEAU 1-2	11h30 (60min) REFORMER NIVEAU 1-2	11h (60min) REFORMER NIVEAU 1-2	11h30 (60min) REFORMER NIVEAU 1-2
12h45 (60min) REFORMER NIVEAU 1	12h45 (60min) (REFORMER privé   découverte)		12h45 (60min) REFORMER (privé   découverte)	12h45 (60min) REFORMER NIVEAU 1	12h15 (60min) REFORMER NIVEAU 1	12h45 (60min) REFORMER (privé   découverte)
14h00 (60min) REFORMER (privé   découverte)		14h00 (60min) REFORMER (privé   découverte)		14h00 (60min) REFORMER (privé   découverte)	13h30 (60min) REFORMER NIVEAU 1&2	
		16h (60min) REFORMER NIVEAU 1	16h (60min) REFORMER (privé   découverte)		14h45 (60min) REFORMER (privé   découverte)	
17h (60min) REFORMER NIVEAU 1-2	17h15 (60min) REFORMER STRETCHING	17h (60min) REFORMER (privé   découverte)	17h (60min) REFORMER JUMP- BOARD NIVEAU 1			
18h (60min) REFORMER NIVEAU 2	18h30 (60min) REFORMER JUMPBOARD	18h15 (60min) REFORMER NIVEAU 2	18h15 (60min) REFORMER NIVEAU 1			
19h15 (60min) REFORMER JUMPBOARD	19h30 (60min) REFORMER NIVEAU 2	19h30 (60min) REFORMER STRETCHING	19h30 (60min) REFORMER NIVEAU 1-2			