

# HORAIRE HIVER PILATES REFORMER

Du 12 janvier au 5 avril 2026



| Lundi                                             | Mardi                                             | Mercredi                                          | Jeudi                                             | Vendredi                                          | Samedi                                            | Dimanche                                          |
|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
|                                                   | 8h (60min)<br>REFORMER<br>NIV 2 AVANCÉ            |                                                   | 8h (60min)<br>REFORMER<br>NIV 2 AVANCÉ            |                                                   |                                                   |                                                   |
| 9h (60min)<br>REFORMER<br>NIVEAU 1-2              | 9h (60min)<br>REFORMER<br>NIVEAU 1                | 9h (60min)<br>REFORMER<br>NIVEAU 2                | 9h (60min)<br>REFORMER<br>NIVEAU 2                | 9h (60min)<br>REFORMER<br>NIVEAU 2                | 8h45 (60min)<br>REFORMER<br>JUMPBORD              | 9h (60min)<br>REFORMER<br>NIVEAU 1                |
| 10h15 (60min)<br>REFORMER<br>NIVEAU 1             | 10h15 (60min)<br>REFORMER<br>NIVEAU 1             | 10h15 (60min)<br>REFORMER<br>STRETCHING           | 10h15 (60min)<br>REFORMER<br>NIVEAU 1-2           | 10h15 (60min)<br>REFORMER<br>NIVEAU 1             | 10h (60min)<br>REFORMER<br>NIVEAU 2               | 10h15 (60min)<br>REFORMER<br>NIVEAU 1-2           |
| 11h30 (60min)<br>REFORMER<br>NIVEAU 1             | 11h30 (60min)<br>(REFORMER<br>privé   découverte) | 11h30 (60min)<br>REFORMER<br>NIVEAU 1             | 11h30 (60min)<br>REFORMER<br>NIVEAU 1-2           | 11h30 (60min)<br>REFORMER<br>NIVEAU 1-2           | 11h (60min)<br>REFORMER<br>NIVEAU 1-2             | 11h30 (60min)<br>REFORMER<br>NIVEAU 1-2           |
| 12h45 (60min)<br>REFORMER<br>NIVEAU 1             | 12h45 (60min)<br>(REFORMER<br>privé   découverte) | 12h45 (60min)<br>REFORMER<br>(privé   découverte) | 12h45 (60min)<br>REFORMER<br>(privé   découverte) | 12h45 (60min)<br>REFORMER<br>NIVEAU 1             | 12h15 (60min)<br>REFORMER<br>NIVEAU 1             | 12h45 (60min)<br>REFORMER<br>(privé   découverte) |
| 14h00 (60min)<br>REFORMER<br>(privé   découverte) |                                                   | 14h00 (60min)<br>REFORMER<br>(privé   découverte) | 15h (60min)<br>REFORMER<br>(privé   découverte)   | 14h00 (60min)<br>REFORMER<br>(privé   découverte) | 13h30 (60min)<br>REFORMER<br>(privé   découverte) | 14h00 (60min)<br>REFORMER<br>(privé   découverte) |
| 16h (60min)<br>REFORMER<br>NIVEAU 1               |                                                   | 16h (60min)<br>REFORMER<br>NIVEAU 1               | 16h (60min)<br>REFORMER<br>NIVEAU 1               |                                                   | 14h45 (60min)<br>REFORMER<br>(privé   découverte) |                                                   |
| 17h (60min)<br>REFORMER<br>NIVEAU 1-2             | 17h00 (60min)<br>REFORMER<br>STRETCHING           |                                                   | 17h (60min)<br>REFORMER<br>JUMPBORD NIV 1         |                                                   |                                                   |                                                   |
| 18h (60min)<br>REFORMER<br>NIVEAU 2               | 18h00 (60min)<br>REFORMER<br>NIVEAU 1             | 18h15 (60min)<br>REFORMER<br>NIVEAU 2             | 18h15 (60min)<br>REFORMER<br>NIVEAU 1             |                                                   |                                                   |                                                   |
| 19h15 (60min)<br>REFORMER<br>JUMPBORD             | 19h00 (60min)<br>REFORMER<br>NIVEAU 2             | 19h30 (60min)<br>REFORMER<br>STRETCHING           | 19h30 (60min)<br>REFORMER<br>NIVEAU 1-2           |                                                   |                                                   |                                                   |