

REFORMER PILATES | HORAIRE ÉTÉ | DU 2 JUILLET AU 2 SEPTEMBRE 2024

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	12h (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/semi-privé)	13h15 (60min) REFORMER (privé/semi-privé)	12h45 (60min) REFORMER (privé/semi-privé)	12h45 (60min) REFORMER NIVEAU 1	12h15 (60min) REFORMER NIVEAU 1	12h45 (60min) REFORMER NIVEAU 1
				14h00 (60min) REFORMER (privé/semi-privé)	13h30 (60min) REFORMER (privé/semi-privé)	14h00 (60min) REFORMER (privé/semi-privé)
		16h (60min) REFORMER NIVEAU 1	16h (60min) REFORMER (privé/semi-privé)		14h45 (60min) REFORMER (privé/semi-privé)	
17h (60min) REFORMER NIVEAU 1&2	17h15 (60min) REFORMER STRETCHING	17h (60min) REFORMER (privé/semi-privé)	17h (60min) REFORMER JUMPBOARD			
18h (60min) REFORMER NIVEAU 2	18h30 (60min) REFORMER JUMPBOARD	18h15 (60min) REFORMER NIVEAU 2	18h15 (60min) REFORMER NIVEAU 1		<div style="display: flex; align-items: center; justify-content: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: #ffff00; border: 1px solid black;"></div> Cours de groupe </div>	
19h15 (60min) REFORMER JUMPBOARD	19h30 (60min) REFORMER NIVEAU 2 AVANCÉ	19h30 (60min) REFORMER STRETCHING	19h30 (60min) REFORMER NIVEAU 1&2		<div style="display: flex; align-items: center; justify-content: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: #90ee90; border: 1px solid black;"></div> Cours privé et semi-privé </div>	