



REFORMER PILATES | HORAIRE PRINTEMPS | DU 8 AVRIL AU 30 JUIN 2024

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 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 2	12h45 (60min) REFORMER (privé/semi-privé)
14h (60min) REFORMER (privé/semi-privé)					13h30 (60min) REFORMER NIVEAU 1&2	
		16h (60min) REFORMER NIVEAU 1	16h (60min) REFORMER (privé /semi-privé)		 Cours de groupe  Cours privé et 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			
19h15 (60min) REFORMER JUMPBOARD	19h30 (60min) REFORMER NIVEAU 3	19h30 (60min) REFORMER STRETCHING	19h30 (60min) REFORMER NIVEAU 1&2			