PLANNING DES COURS

ART SCÉNE ATHLETIC DANCE

LUNDI	MERCREDI	JEUDI	VENDREDI
8h15 - 9h15 REFORMER PILATES	9h15 - 10h15 PUMP		8h15 - 9h15 PILATES MATWORK
9h15 - 10h15 PUMP	12h15 - 18h15 PILATES MATWORK		9h30 - 10h30 REFORMER PILATES
10h45 - 11h45 PILATES SENIORS			9h30 - 10h30 CAF
12h15 - 13h15 PILATES AÉRIEN	17h00 - 18h00 REFORMER PILATES		12h15 - 13h15 PILATES MATWORK
17h00 - 18h00 REFORMER PILATES	18h00 - 19h00 PILATES MATWORK		17h00 - 18h00 REFORMER PILATES
18h00 - 19h00 REFORMER PILATES	19h00 - 20h00 REFORMER PILATES	19h20 - 20h20 PUMP	
19h30 - 20h30 STRETCHING RENFORCEMENT	19h00 - 19h45 TRX		

PILATES / SENIORS · REFORMER PILATES · PUMP · TRX · CAF · STRETCHING / RENFORCEMENT

Renseignements : **078 823 24 03**