

Horaire cours en petits groupes (trio)

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8							
9	9 ⁰⁰ APPAREILS 9 ⁵⁵ Reformer & more		9 ⁰⁰ APPAREILS 9 ⁵⁵ Reformer & more			8 ³⁰ APPAREILS & 9 ²⁵ MAT COMBO Tower/Chair/Mat	8 ³⁰ APPAREILS 9 ²⁵ Reformer & more
10			10 ⁰⁰ APPAREILS 11 ⁰⁰ Reformer & more		10 ¹⁵ APPAREILS & 11 ¹⁰ MAT COMBO Tower/Chair/Mat	9 ⁴⁵ APPAREILS 10 ⁴⁰ Reformer	9 ⁴⁵ OUTDOOR 10 ⁴⁰ Pilates & Creative Workout
11	11 ⁰⁰ APPAREILS 11 ⁵⁰ Happy Aging						
12							
13	12 ¹⁵ APPAREILS 13 ¹⁰ Reformer & more		12 ¹⁵ APPAREILS 13 ¹⁰ Reformer & more	12 ¹⁵ APPAREILS & 13 ¹⁰ MAT COMBO Tower/Chair/Mat	12 ¹⁵ APPAREILS 13 ¹⁰ Tower & Chair		
14	13 ³⁰ APPAREILS 14 ²⁵ Reformer & more			13 ¹⁵ APPAREILS 14 ¹⁰ Reformer & more			
15					15 ⁰⁰ APPAREILS 15 ⁵⁰ Happy Aging		
16							
17							
18							
19	18 ³⁰ APPAREILS & 19 ²⁵ MAT COMBO Tower/Chair/Mat		18 ¹⁵ APPAREILS 19 ¹⁰ Reformer				
20	19 ³⁰ APPAREILS 20 ²⁵ Reformer & more		19 ³⁰ APPAREILS & 20 ²⁵ MAT COMBO Tower/Chair/Mat				