



PLANNING STUDIO CLUB



Semaine du 6 mars au 12 avril

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			9h05-10h Pilates Reformer Intermediaire Axel			
10h-10h55 Dynamic Power Full Body Axel		10h30-11h25 Pilates Reformer Intermediaire Morgane		10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Max
12h05-13h Pilates Refomer Initiation Max	12h-12h55 Pilates Refomer Initiation Jeremie	11h30-12h25 Pilates Refomer Initiation Morgane	12h-12h55 Dynamic Power Lower Body Marine		11h45 12h40 Pilates Refomer Intermediaire Ksenia	
13h05-14h Pilates Reformer Intermediaire Max	13h05-14h Dynamic Power Lower Body Jeremie		13h05-14h Dynamic Power Full Body Max	13h10-14h05 Dynamic Power Full Body Ksenia	12h50-13h45 Pilates Refomer Initiation Fleur	12h45 13h40 Dynamic Power Lower Body Max
		14h-14h55 Pilates Refomer Initiation Sylvie				
		15h30-16h25 Dynamic Power Lower Body Marine			15h40-16h35 Dynamic Power Lower Body Axel	15h 15h55 Pilates Refomer Initiation Jeremie
16h-16h55 Dynamic Power Full Body Marine	16h-16h55 Dynamic Power Lower Body Marine	16h30-17h25 Dynamic Power Full Body Marine				
18h- 18h55 Pilates Reformer intermediaire Fleur						
	19h-19h55 Dynamic Power Full Body Jeremie	19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé