



PLANNING STUDIO CLUB



Semaine du 20 au 26 avril

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



PLANNING STUDIO CLUB



Semaine du 27 avril au 3 mai

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

Le port de chaussettes antidérapantes est fortement recommandé