



PLANNING STUDIO CLUB



Du 18 au 24 mai

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30-10h25 Dynamic Power Full Body Axel			9h25-10h Pilates Reformer Intermediaire Axel			
		10h30-11h25 Pilates Reformer Intermediaire Morgane		10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
12h05-13h Pilates Refomer Max	12h-12h55 Pilates Refomer Initiation Jeremie	11h30-12h25 Pilates Refomer Initiation Morgane	12h-12h55 Dynamic Power Lower Body Marine		11h45-12h40 Pilates Refomer Initiation Ksenia	
13h05-14h Dynamic Power Full Body Max	13h05-14h Dynamic Power Lower Body Jeremie			13h05-14h Dynamic Power Full Body Ksenia	12h55-13h50 Pilates Reformer Intermediaire Fleur	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	16h-16h55 Dynamic Power Lower 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