



# PLANNING STUDIO CLUB



Du 22 au 28 juin

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 Reformer Max	12h-12h55 Pilates Reformer Initiation Jeremie	11h30-12h25 Pilates Reformer Initiation Morgane	12h-12h55 Dynamic Power Lower Body Marine		11h45-12h40 Pilates Reformer Intermediaire Jeremie	
13h05-14h Dynamic Power Full Body Max	13h05-14h Dynamic Power Lower Body Jeremie			13h05-14h Dynamic Power Full Body Max		12h45-13h40 Pilates Reformer Intermediaire Jeremie
		14h-14h55 Pilates Reformer Initiation Sylvie				
					15h40-16h35 Dynamic Power Lower Body Axel	15h-15h55 Pilates Reformer Initiation Jeremie
		16h30-17h25 Dynamic Power Full Body Marine				
18h20-19h15 Pilates Reformer intermediaire Fleur	19h-19h55 Dynamic Power Full Body Jeremie	19h-19h55 Pilates Reformer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé