



PLANNING STUDIO CLUB



Du 13 au 19 juillet

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Cours dispensés au Manoir avec Climatisation			9h25-10h Pilates Reformer Intermediaire Axel			
				10h40-11h35 Pilates Refomer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
			12h-12h55 Dynamic Power Lower Body Marine		11h45 12h40 Pilates Refomer Ballet Ksenia	
				13h05-14h Dynamic Power Full Body Max		12h45 13h40 Pilates Refomer Initiation Jeremie
13h30-14h25 Pilates Refomer Max Manoir	13h30-14h25 Pilates Refomer Initiation Jeremie Manoir	14h-14h55 Pilates Refomer Initiation Sylvie Manoir				
					15h40-16h35 Dynamic Power Lower Body Axel	
			16h30-17h25 Dynamic Power Full Body Marine Manoir			

Le port de chaussettes antidérapantes est fortement recommandé



PLANNING STUDIO CLUB



Du 20 au 26 juillet

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30-10h25 Dynamic Power Full Body Axel			9h25-10h Pilates Reformer Intermediaire Axel			
				10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
12h05-13h Pilates Refomer Max	12h40-13h35 Pilates Refomer Initiation Jeremie		12h30-13h25 Dynamic Power Lower Body Marine		11h45 12h40 Pilates Refomer Ballet Ksenia	
13h05-14h Dynamic Power Full Body Max				13h05-14h Dynamic Power Full Body Ksenia		12h45 13h40 Pilates Refomer Initiation Jeremie
		14h-14h55 Pilates Refomer Initiation Sylvie				
					15h40-16h35 Dynamic Power Lower Body Jeremie	
		16h30-17h25 Dynamic Power Full Body Marine				
		19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé