



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