



PLANNING STUDIO CLUB



Du 27 juillet au 2 aout

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
				10h50-11h45 Pilates Refomer Intermediaire Max		
12h05-13h Pilates Refomer Max	12h40-13h35 Pilates Refomer Initiation Jeremie		12h30-13h25 Dynamic Power Lower Body Max		11h30 12h25 Pilates Refomer Initiation Jeremie	
13h05-14h Dynamic Power Full Body Max				13h05-14h Dynamic Power Full Body Max		12h45 13h40 Pilates Refomer Initiation Jeremie
		14h-14h55 Pilates Refomer Initiation Sylvie				
					15h40-16h35 Dynamic Power Lower Body Axel	
		16h30-17h25 Dynamic Power Full Body Max				
		19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé