



PLANNING STUDIO CLUB



Du 6 au 12 juillet

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30-10h25 Dynamic Power Full Body Max			9h25-10h Pilates Reformer Intermediaire Max			
		10h30-11h25 Pilates Reformer Intermediaire Marine		10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
12h05-13h Pilates Refomer Max	12h40-13h35 Pilates Refomer Initiation Max		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				
18h20- 19h15 Pilates Reformer intermediaire Fleur		19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé



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Du 13 au 19 juillet

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Cours dispensés au Manoir avec Climatisation			9h25-10h Pilates Reformer Intermediaire Axel			
		10h30-11h25 Pilates Reformer Intermediaire Marine Manoir		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	
13h30-14h25 Pilates Refomer Max	13h30-14h25 Pilates Refomer Initiation Jeremie Manoir			13h05-14h Dynamic Power Full Body Max		12h45 13h40 Pilates Refomer Initiation Jeremie
			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