



PLANNING STUDIO CLUB



Du 24 au 30 aout

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
11h-11h55 Pilates Refomer Intermediaire Max						10h20-11h15 Dynamic Power Full Body Axel
	12h40-13h35 Pilates Refomer Intermediaire Max		12h30-13h25 Dynamic Power Full Body Marine		11h30-12h25 Pilates Refomer Ballet Ksenia	
	13h40-14h35 Dynamic Power Full Body Max					
					15h30-16h25 Dynamic Power Lower Body Axel	

Le port de chaussettes antidérapantes est fortement recommandé