

 PLANNING STUDIO CLUB 						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			10-10h20 Pilates Reformer Intermediaire Axel			
		11-11h55 Pilates Reformer Morgane		10h40-11h35 Pilates Refomer Intermediaire Max		10h20-11h15 Dynamic Power Body Axel Full
12h05-13h Pilates Refomer Max	12h30-13h25 Pilates Refomer Jeremie		12h-12h55 Dynamic Power Body Marine Full		11h45 12h40 Pilates Refomer Initiation Ksenia	
13h10-14h05 Dynamic Power Full Body Max				13h05-14h Dynamic Power Body Ksenia Full		
					16h10-17h05 Dynamic Power Lower Body Axel	
		16h-16h55 Dynamic Power Body Marine Full				

Le port de chaussettes antidérapantes est fortement recommandé