



# PLANNING STUDIO CLUB



Du aout 3 au 9 aout

| LUNDI | MARDI                                                      | MERCREDI | JEUDI | VENDREDI | SAMEDI                                                     | DIMANCHE                                             |
|-------|------------------------------------------------------------|----------|-------|----------|------------------------------------------------------------|------------------------------------------------------|
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       | 12h40-13h35<br>Pilates Refomer<br>Intermediaire<br>Jeremie |          |       |          | 10h30-11h25<br>Pilates Refomer<br>Intermediaire<br>Jeremie |                                                      |
|       | 13h40-14h35<br>Dynamic Power Full Body<br>Jeremie          |          |       |          |                                                            | 12h45 13h40<br>Pilates Refomer Initiation<br>Jeremie |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          | 15h-15h55<br>Dynamic Power Lower<br>Body<br>Jeremie        |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |

Le port de chaussettes antidérapantes est fortement recommandé



# PLANNING STUDIO CLUB



Du 10 au 16 aout

| LUNDI | MARDI                                                      | MERCREDI | JEUDI | VENDREDI | SAMEDI                                                     | DIMANCHE                                             |
|-------|------------------------------------------------------------|----------|-------|----------|------------------------------------------------------------|------------------------------------------------------|
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       | 12h40-13h35<br>Pilates Refomer<br>Intermediaire<br>Jeremie |          |       |          | 10h30-11h25<br>Pilates Refomer<br>Intermediaire<br>Jeremie |                                                      |
|       | 13h40-14h35<br>Dynamic Power Full Body<br>Jeremie          |          |       |          |                                                            | 12h45 13h40<br>Pilates Refomer Initiation<br>Jeremie |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          | 15h-15h55<br>Dynamic Power Lower<br>Body<br>Jeremie        |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |
|       |                                                            |          |       |          |                                                            |                                                      |

Le port de chaussettes antidérapantes est fortement recommandé