



PLANNING STUDIO CLUB



Du 12 au 18 octobre

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

Le port de chaussettes antidérapantes est fortement recommandé