



# PLANNING STUDIO CLUB



Du 5 au 11 octobre

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

Le port de chaussettes antidérapantes est fortement recommandé



# PLANNING STUDIO CLUB



Du 12 au 18 octobre

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

Le port de chaussettes antidérapantes est fortement recommandé