PLANNING STUDIO CLUB

Du 2 au 8 novembre

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

Le port de chausettes antidérapantes est fortement recommandé