

# Pilates



## PLANNING 2023 - 2024

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	STUDIO HORIZON	STUDIO LOFT	STUDIO HORIZON	STUDIO LOFT	STUDIO HORIZON	STUDIO LOFT	STUDIO HORIZON	STUDIO LOFT	STUDIO HORIZON	STUDIO LOFT	STUDIO HORIZON	STUDIO LOFT
8h00 9h00	COACHING MAT ET MACHINE REFORMER SUR RDV											
9h00 10h00	PILATES		YOGA			10h30 BARRE CLASSIC ADULTES		PILATES SENIORS			PILATES	
10h15 11h15	PILATES SENIORS	PILATES	BARRE À TERRE			1h30		PILATES SENIORS		PILATES	PILATES SENIORS	PILATES
11h30 12h30	COACHING MAT ET MACHINE REFORMER SUR RDV											YOGAFLOW
12h30 13h30			PILATES									
14h00 18h00	COACHING MAT ET MACHINE REFORMER SUR RDV											
18h15 19h15	18h30 FLY YOGA	PILATES BODY STRETCH'	PILATES	BODY BARRE	PILATES BODY STRETCH'	CARDIO FIT'		PILATES BODY STRETCH'		STRETCH' BARRE		
19h30 20h30	1h30	1h30	PILATES		1h30			1h30				

