

PROGRAMME 2020/2021 NOUVEAU COURS

HORAIRE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00				MAT PILATES	YOGA	
10H30	MAT PILATES					
12H15	BODY CLINICS	MAT PILATES		MAT PILATES	APP PILATES	
14H30	YOGA PILATES					
18H00			BODY CLINICS			
18H15	MAT PILATES	APP PILATES		YOGA PILATES		
19H15	YOGA PILATES			MAT PILATES		

BODY CLINICS: REHABILITATION / MAT: TAPIS / APP: MACHINES PILATES