

PLANNING 2020-2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H15-10H15 PILATES STRETCHING	9H30-10H30 PILATES DYNAMIQUE SWISSBALL	9H15-10H15 PILATES BARRE	9H15-10H15 PILATES STANDING MAT ACCESSOIRES	9H30-10H30 PILATES STRETCHING
10H30-11H30 PILATES STRETCHING ACCESSOIRES	12H30-14H30 PILATES COACHING		12H30-13H30 YOGA	12H30-14H30 PILATES COACHING
18H15-19H15 PILATES STRETCHING		18H45-19H45 PILATES STRETCHING	18H30-19H30 PILATES STANDING MAT ACCESSOIRES	
19H30-20H30 PILATES DYNAMIQUE SWISSBALL	19H30-20H30 YOGA	20H00-21H00 PILATES DYNAMIQUE ACCESSOIRES	19H45-21H15 PILATES DANSE	