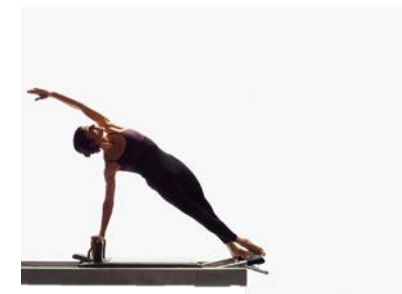


RÉSERVEZ VOS HEURES POUR VOTRE COURS DE GROUPE DE 4 À 6 PERSONNES AVEC UN INSTRUCTEUR

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	<b>PILATES REFORMER 1</b> <i>Alain – 8h00</i>		<b>PILATES REFORMER 1</b> <i>Alain – 8h00</i>	<b>T.R.X</b> <i>Alain</i> <b>9h25</b>		
<b>PILATES REFORMER 2</b> <i>Alain – 9h25</i> <b>Complet</b>	<b>PILATES REFORMER 2</b> <i>Alain – 9h25</i> <b>Complet</b>	<b>PILATES SOL 2</b> <i>Alain – 9h25</i>	<b>PILATES REFORMER 1</b> <i>Alain – 9h25</i> <b>Complet</b>			
<b>PILATES REFORMER 3</b> <i>M-Helene – 10h30</i>	<b>PILATES 2 REFORMER 1</b> <i>Alain – 10h30</i> <b>Complet</b>	<b>PILATES 3 SOL + T.R.X</b> <i>M-Helene – 10h30</i>	<b>PILATES 2 REFORMER 1</b> <i>Alain – 10h30</i> <b>Complet</b>			<b>PILATES REFORMER 1-2</b> <i>Linda – 11h00</i>
<b>PILATES REFORMER 2</b> <i>Alain – 12h00</i> <b>Complet</b>	<b>PILATES REFORMER 1</b> <i>Alain – 12H00</i>	<b>YOGA ATHLETIQUE</b> <i>Jill – 12h00</i>	<b>PILATES REFORMER/SOL 1</b> <i>Alain – 12H00</i>			
<b>PILATES REFORMER 2</b> <i>Nancy – 16h20</i>						
<b>PILATES REFORMER 2</b> <i>Stephanie – 17h20</i>	<b>PILATES REFORMER 1-2</b> <i>Linda – 17h30</i>					
<b>PILATES REFORMER 3</b> <i>Nancy – 18h20</i>						
	<b>PILOXING</b> <i>Les Chicas</i> <b>19h00</b>	<b>PILATES SOL 3</b> <i>Nancy – 19h20</i>				



RÉSERVATION RECOMMANDÉE  
POUR TOUS LES COURS