

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			PILATES Reformer Matinal <i>Alain- 6h30</i>			
PILATES REFORMER 1-2 <i>Alain – 8h00</i>	PILATES REFORMER 1-2 <i>Alain – 8h00</i>	PILATES SOL 2 <i>Alain – 8h00</i>	PILATES REFORMER 1-2 <i>Alain – 8h00</i>			
PILATES REFORMER 2+ <i>Alain – 9h25</i>	PILATES REFORMER/SOL 2 <i>Alain – 9h25</i>	PILATES SOL 2 <i>Alain – 9h00</i>	PILATES REFORMER 2 <i>Alain – 9h25</i>	T.R.X <i>Alain</i> 9h25		
PILATES REFORMER 3 <i>M-Hélène – 10h30</i>	PILATES 2 REFORMER SANTÉ <i>Alain – 10h30</i>	PILATES 3 SOL + T.R.X <i>M-Hélène – 10h30</i>	PILATES 2 REFORMER SANTÉ <i>Alain – 10h30</i>		PILATES Reformer 1-2 <i>Karianne</i> 10h45	
PILATES REFORMER 2 <i>Alain – 12h00</i>	PILATES REFORMER 1 <i>Alain – 12H00</i>	YOGA <i>Jill</i> 12h00	PILATES REFORMER/SOL 1 <i>Alain – 12H00</i>			
	PILATES Reformer 1-2 <i>Joanie</i> 13H15					
PILATES REFORMER 2 <i>Stéphanie – 17h00</i>	PILATES REFORMER 1-2 <i>Linda</i> 17h15		PiYo & Hyper C <i>Marie-Josée</i> 17h30			
PILATES REFORMER 3 <i>Étienne – 18h20</i>		PILATES SOL 3 <i>Karine</i> 18h30				

La durée des cours est de 50 minutes.

Bienvenue au club!