|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | | |
|
| **PLANNING DES COURS POUR JUILLET 2018** | | | | | |
|
|  |  |  |  |  | |
| **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | |
|  |  |  |  |  | |
|  | 9H30-10H30 | 10H-11H | 9H30-10H30 | 10H-11H | |
|  | PILATES TOUS NIVEAUX | GYM DOUCE GLOBALE | GYM DOUCE GLOBALE | GYM DOUCE GLOBALE | |
|  |  |  | 10H30-11H30 | 11h-12h | |
|  |  |  | PILATES TOUS NIVEAUX | PILATES TOUS NIVEAUX | |
| 12H15-13H15 |  | 12H15-13H15 |  | 12H30-13H15 | |
| PILATES TOUS NIVEAUX |  | PILATES TOUS NIVEAUX |  | PILATES DEMI-INTER | |
| 14H-15H |  |  |  | 14H-15H | |
| PILATES INTER |  |  |  | STRETCH-RELAX | |
|  |  |  |  | 15H-16H | |
|  |  |  |  | PILATES FEMME ENCEINTE | |
|  |  |  |  | 16H-17H | |
|  |  |  |  | PILATES INTER | |
|  |  | 18H30-19H15 |  | 17H-18H | |
|  |  | CARDIO PILATES |  | PILATES DEBUTANT | |
|  | 19H30-30H30 | 19H15-20H15 |  | 18H-19H | |
|  | PILATES TOUS NIVEAUX | PILATES INTER |  | STRETCH-RELAX | |
|  |  | 20H15-21H15 |  |  | |
|  |  | STRETCH- RELAX |  |  | |