

PLANNING DES COURS POUR LA SAISON 2018/2019

| 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 | | 12h30-13h30 |
| PILATES TOUS NIVEAUX | | PILATES TOUS NIVEAUX | | PILATES DEMI-INTER |
| 14h-15h | | | | 14h-15h |
| PILATES INTER | | | | STRETCH-RELAX |
| 15h30-16h30 | | | | 15h-16h |
| Gym ligue contre le cancer | | | | PILATES FEMME ENCEINTE |
| 17h-18h | | | | 16h-17h |
| PILATES DEBUTANT | | | | PILATES INTER |
| 18h-19h | | 18h30-19h15 | | 17h-18h |
| PILATES INTER | | CARDIO PILATES | | PILATES DEBUTANT |
| 19h-20h | 19h30-20h30 | 19h15-20h15 | | 18h-19h |
| PILATES DEBUTANT | PILATES TOUS NIVEAUX | PILATES INTER | | STRETCH-RELAX |
| 20h-21h | | 20h15-21h15 | | |
| STRETCH-RELAX | | STRETCH- RELAX | | |