

STUDIO PILATES CHALON

The Art Of Exercising, and Beyond® ...

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30 / 10:25 Reformer	10:30 / 11:25 Mat			10:30 / 11:25 Gyrokinesis	9:00 / 9:55 Spring Board 10:30 / 11:25 Reformer
12:15 / 13:00 Mat	12:15 / 13:10 Spring Board ① Reformer ②		12:15 / 13:00 Spring Board ① Stability Chair ②	12:15 / 13:00 Reformer ① Spring Board ②	
	17:30 / 18:15 Gyrokinesis ① Renfo Stretch ②	17:15 / 18:10 Spring Board ① Reformer ②	17:30 / 18:25 Reformer ① Spring Board ②	17:15 / 18:10 Spring Board ① Reformer ②	
18:15 / 19:00 Renfo Stretch		18:30 / 19:25 Mat	18:30 / 19:25 Mat		
19:30 / 20:15 Mat	18:30 / 19:30 Fit's Fly	18:30 / 19:25 Reformer ① Spring Board ②			

Cours privés :
du lundi au samedi
de 8h à 20h30
① semaines impaires
② semaines paires

Contacts : Marie France 06 62 13 28 28 - Gilles 06 15 96 04 95 - <https://france-pilates.com>

Planning sujet à modifications - Edité le 5 octobre 2020