

## PLANNING SMALL GROUP

	Lundi	Mardi	Mercredi	Jeudi	Vendredi		
8h – 9h					Pilates		
9h - 10h			Pilates	Sport-santé	9h15 Pilates		
10h - 11h							
11h15 – 12h15	Pilates						
12h15 - 13h15	Training	Pilates	Training	Training	Pilates	Training	Stretching
18h00-19h00		Training	17h55 Pilates	Training			
18h30-19h30	Training		Training				
19h00-20h00			Pilates				