

# PLANNING

## SMALL GROUP\*

|               | LUNDI    |         | MARDI    | MERCREDI      | JEUDI    |          | VENDREDI |
|---------------|----------|---------|----------|---------------|----------|----------|----------|
| 7h30 à 8h30   |          |         |          |               | PILATES  |          |          |
| 7h45 à 8h45   | PILATES  |         |          |               |          |          |          |
| 8h à 9h       |          |         |          |               |          |          | PILATES  |
| 10h à 11h     |          |         |          |               |          |          | PILATES  |
|               |          |         |          |               |          |          |          |
| 12h15 à 13h15 | TRAINING | PILATES | TRAINING | TRAINING      | TRAINING | TRAINING | PILATES  |
|               |          |         |          |               |          |          |          |
| 16h45 à 17h45 |          |         |          | TRAINING      |          |          |          |
| 18h à 19h     | TRAINING |         | TRAINING | 17h55 PILATES | TRAINING | PILATES  |          |
| 19h à 20h     |          |         |          | PILATES       |          |          |          |

\* 6 personnes maximum

Sur rendez-vous : Coaching personnalisé et Pilates Reformer en individuel ou duo.