

Planning Reformer

SEPTEMBRE 2026
COURS DE 50 MINS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
						
9H					Full Body REFORMER	9H15 Abs & Booty REFORMER
10H	Full Body REFORMER	Abs & Booty REFORMER		Pilates REFORMER		10H15 Full Body REFORMER
12H30	Pilates REFORMER				Abs & Booty REFORMER	
18H	Abs & Booty REFORMER	Abs & Booty REFORMER	Pilates REFORMER	Full Body REFORMER	Full Body REFORMER	
19H		Pilates REFORMER	Full Body REFORMER	Abs & Booty REFORMER		

Horaires d'ouverture

Lundi et mardi: 7h30 - 21h30
Mercredi et jeudi: 9h00 - 21h30
Vendredi: 9h00 - 21h00
Sam : 9h00 - 16h / Dim : dodo