

CLUB DE SPORT STATION NORD

PLANNING COURS REPUBLIQUE

45 MIN/COURS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H00	PILATES		PILATES			PILATES 8H45
9H30		PILATES		PILATES	WAVE	PILATES 9h45
10H00	PILATES		PILATES			PILATES 10h45
10H30		RED VITAMINES		PILATES	PILATES	
11H00	PILATES					RED VITAMINES 11h45
12H30	PILATES	PILATES SCULPT	PILATES	PILATES SCULPT	PILATES SCULPT	
17H15					PILATES	
17H30	PILATES	PILATES	PILATES	PILATES		
18H15				YOGA DE L'ENERGIE	SCULPT	
18H30	WAVE	PILATES YOGA PILATES	SCULPT	PILATES		
19H30	ULTIMATE	YOGA VINYASA RED VITAMINES	PILATES	PILATES RED VITAMINES		