

## Pilates Cocoon - Cours Quartet, Trio et Duo 2021

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
8H45					
9H45		Duo Reformer *		Duo Reformer *	
11h00		Duo Reformer Niv.1	Duo Reformer *	Duo Ref. Niv.1 / 11H15	
12h30		Duo Reformer Niv.2	Quartet Mat&More Niv.2	Duo Ref. Niv.2 / 12H45	Duo Reformer Niv.1
15H00					
16h15	Duo Reformer *				
17h30	Trio Reformer Niv.2		Trio Reformer Niv.2		
18h45	Duo Reformer niv.1 *		Quartet Mat&More Niv.2		

\* Nouveaux cours - inscriptions ouvertes