

Pilates Cocoon - Cours Quartet, Trio et Duo 2ème Trimestre 2022

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
8H40			Trio Reformer Niv.1-2		
9H45		Duo Reformer *			
11h10		Duo Reformer Seniors		Duo Reformer Niv.1-2 11H15	
12h30		Duo Reformer Niv.2 *	Quartet Mat&More Niv.2	Trio Reformer Niv.2 12H45	
15H00					
16h15					
17h30	Trio Reformer Niv.2		Trio Reformer Niv.2		
18h45	Trio Reformer *		Quartet Mat&More Niv.2		

* Nouveaux cours - inscriptions ouvertes