

Heure	Lundi	Mardi	Merc	Jeudi	Vend	Sam.
7h		Pilates/Dan B				
8h30					Pilates/Marlene	
8h45					Pilates/Grace	
9h			Pilates/Marlene	Pilates/Grace/DanB		Pilates/Odette Yoga / Dan B
9h30	Stretch/Grace	Pilates/Dan C		PiStr/Mary		
10h	Pilates/Dan B.	Yoga/Mary	Pilates/Dan C.		PiStr/Mary	
11h		60ans+/Dan C				
16h45	Pilates/Sophie		PiStre/Sophie			
17h	Stretch/Grace	Yoga/Sophie Pilates/Odette	Pilates/Grace			
17h15		Pilates/Grace				
17h55	Pilates/Sophie					
18h	Pilates/Mary		PiStre/Sophie	Yoga/Shawn1h1/2		
19h	Pilates/Dan C			Pilates/Dan B		
19h	Yoga/Sophie	Pilates/Sophie				
19h15			Yogamix/Sophie			
20h10	Pilates/Dan C					