

# CLUB DE SPORT STATION NORD



## PLANNING COURS REPUBLIQUE

45 MIN/COURS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H00	PILATES					PILATES
9H30		PILATES	PILATES	PILATES	WAVE	
10H00	PILATES					PILATES
10H30		RED VITAMINES	PILATES	PILATES	PILATES RED VITAMINES	
11H00	PILATES					RED VITAMINES YOGA PILATES
12H30	PILATES	PILATES YOGA VINYASA	PILATES	PILATES	PILATES YOGA VINYASA	
17H15					PILATES	
17H30	PILATES	PILATES	PILATES	PILATES		
18H15					SCULPT	
18H30	WAVE	PILATES YOGA HATHA	SCULPT	PILATES	RED VITAMINES	
19H30	ULTIMATE	YOGA VINYASA RED VITAMINES	PILATES	PILATES	RED VITAMINES	

