

# 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	
11H00	PILATES					YOGA  RED VITAMINES
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  SCULPT		
19H30	ULTIMATE	YOGA VINYASA  RED VITAMINES	PILATES	PILATES  RED VITAMINES		