

CLUB DE SPORT STATION NORD



PLANNING COURS RÉPUBLIQUE 45 MIN / COURS

	lundi	mardi	mercredi	jeudi	vendredi	samedi
9h00						PILATES
9h30	PILATES	PILATES	PILATES	PILATES	WAVE	
10h00						PILATES
10h30	PILATES	PILATES RED VITAMINES	PILATES	PILATES	PILATES	
11h00						YOGA RED VITAMINES
12h30	PILATES PILATES EN SUSPENSION	PILATES POWER YOGA	PILATES SCULPT	PILATES SCULPT	PILATES POWER YOGA	
17h30	PILATES	PILATES	PILATES	PILATES	PILATES	
18h30	WAVE STEP	PILATES YOGA HATHA	SCULPT	PILATES PILATES EN SUSPENSION	SCULPT	
19h30	ULTIMATE	YOGA VINYASA RED VITAMINES	PILATES	PILATES RED VITAMINES		