

7 January - 31 March 2019

Level 1:	No experience required
Level 2:	Min 15 classes (at Level 1)
Level 3:	30 classes
Level 4:	1 year experience
Level 5:	2-3 years experience
Level 6:	3-5 years experience (Advanced)

ALL COLLECTIVE CLASSES BY RESERVATION ONLY
BUY YOUR CREDIT AND BOOK USING OUR ONLINE SYSTEM

MONDAY/LUNDI

09.30-10.30	PILATES CLASSICAL MAT	L5
12.45-13.45	PILATES CLASSICAL MAT	L3
19.00-20.00	PILATES CLASSICAL MAT	L4
20.00-21.00	PILATES MAT FOUNDATIONS	L1

TUESDAY/MARDI

09.00-10.00	SENIORS SESSION (Apparatus)	L2
10.00-11.15	GYROKINESIS®	L3
12.45-13.45	PILATES STABILITY & CHAIR	L3
18.00-19.00	PILATES MAT & CHAIR	L2
18.30-19.00	SPINNING 30'	All levels
19.00-20.00	BODHI SUSPENSION	L3
20.00-21.00	YOGA HATHA FLOW	All levels

WEDNESDAY/MERCREDI

09.30-10.30	PILATES MAT FOUNDATIONS	L1
10.00-10.45	SPINNING 45'	All levels
10.30-11.30	PILATES SCULPT & CHAIR	L3
19.30-20.30	PILATES MAT & CHAIR	L3

THURSDAY/JEUDI

09.00-10.00	BODHI SUSPENSION & CHAIR	L3
10.00-11.00	PILATES STRETCH	L3
18.00-19.00	PILATES CLASSICAL MAT	L2
19.00-20.00	COREALIGN & SCULPT	L4
20.00-21.00	PILATES MAT FOUNDATIONS	L1

FRIDAY/VENDREDI

09.00-10.00	COREALIGN & PILATES MAT	L3
10.00-11.00	PILATES MAT FOUNDATIONS	L1
19.00-20.00	COREALIGN & PILATES MAT	L3

SATURDAY/SAMEDI

09.00-10.00	BODHI SUSPENSION & MAT	L2
10.00-11.00	PILATES MAT FOUNDATIONS	L1
11.00-12.00	PILATES BALL	L5
12.00-13.00	COREALIGN & PILATES MAT	L3

SUNDAY/DIMANCHE

10.00-11.00	PILATES CLASSICAL MAT	L4
12.00-13.15	YOGA	All levels
12.00-12.45	SPINNING 45'	All levels
16.00-17.00	PILATES CLASSICAL MAT	L2

Private: 36H CANCELLATION OR CHARGED FULL CLASS
Collective: 24H CANCELLATION OR CHARGED FULL CLASS

7 January - 31 March 2019

Level 1:	No experience required
Level 2:	Min 15 classes (at Level 1)
Level 3:	30 classes
Level 4:	1 year experience
Level 5:	2-3 years experience
Level 6:	3-5 years experience (Advanced)

ALL APPARATUS CLASSES BY RESERVATION ONLY
BUY YOUR CREDIT AND BOOK USING OUR ONLINE SYSTEM

MONDAY/LUNDI

19.00-20.00	REFORMER & CHAIR	L3
20.00-21.00	GYROTONIC®	L3

TUESDAY/MARDI

09.00-10.00	SENIORS SESSION	+65's
10.00-11.00	REFORMER & CHAIR	L3
19.00-20.00	REFORMER & CHAIR	L5
20.00-21.00	REFORMER & CHAIR FOUNDATIONS	L1

WEDNESDAY/MERCREDI

09.00-10.00	GYROTONIC®	L5
18.30-19.30	REFORMER & CHAIR	L4
19.00-20.00	GYROTONIC® FOUNDATIONS	L1

THURSDAY/JEUDI

18.00-19.00	REFORMER & CHAIR FOUNDATIONS	L1
19.00-20.00	REFORMER & CHAIR	L4

FRIDAY/VENDREDI

09.00-10.00	GYROTONIC®	L2
10.00-11.00	REFORMER & CHAIR	L4
18.00-19.00	REFORMER & TOWER	L2

SATURDAY/SAMEDI

10.00-11.00	REFORMER & CHAIR	L4
11.00-12.00	GYROTONIC®	L2
11.00-12.00	REFORMER, JUMPING & CHAIR	L5
12.00-13.00	REFORMER & CHAIR	L2

SUNDAY/DIMANCHE

11.00-12.00	REFORMER & CHAIR	L3
17.15-18.15	GYROTONIC® FOUNDATIONS	L1

Private: 36H CANCELLATION OR CHARGED FULL CLASS
Collective: 24H CANCELLATION OR CHARGED FULL CLASS