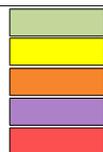


# Studio Pilates MSC Rennes - Planning horaire des cours - Hors Vacances Scolaires

## COURS COLLECTIFS de 8 Personnes sur Mat, Reformer, Wall Unit, Chair et Barrel



- Cours de Stretching Postural niveau 1 & 2
- Cours Pilates collectifs niveau débutant et basic
- Cours Pilates collectifs niveau basic et intermédiaire
- Cours Pilates collectifs niveau avancé
- Cours Particuliers ou Duo - Perfectionnement - Coaching Sportif

|     | HORAIRES | LUNDI | MARDI                  | MERCREDI | JEUDI                  | VENREDI                | SAMEDI                 | DIMANCHE |
|-----|----------|-------|------------------------|----------|------------------------|------------------------|------------------------|----------|
| 8h  | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Stretching Postural N1 |          |                        | Pilates Duo            |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 9h  | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates                | Pilates  | Stretching Postural N1 | Pilates                | Pilates                | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 10h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates                | Pilates  | Stretching Postural N1 | Pilates                | Pilates                | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 11h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates Privé          |          | Pilates                | Pilates                | Pilates                | 15       |
|     | 30       |       |                        | Pilates  |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 12h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          | Perfectionnement       | Perfectionnement       | Pilates                | 15       |
|     | 30       |       | Pilates                |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 13h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          |                        |                        | Stretching Postural N2 | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 14h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          |                        |                        |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 15h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          | Pilates Privé          | Pilates                |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 16h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          |                        |                        |                        | 15       |
|     | 30       |       |                        |          | Pilates                | Pilates                |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 17h | 0        |       | Pilates Privé          |          |                        |                        |                        | 0        |
|     | 15       |       |                        |          |                        | Stretching Postural N1 |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 18h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates                | Pilates  | Pilates                |                        |                        | 15       |
|     | 30       |       |                        |          |                        | Pilates                |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 19h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates                | Pilates  | Pilates                | Pilates                |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |
| 20h | 0        |       |                        |          |                        |                        |                        | 0        |
|     | 15       |       | Pilates                | Pilates  | Pilates                |                        |                        | 15       |
|     | 30       |       |                        |          |                        |                        |                        | 30       |
|     | 45       |       |                        |          |                        |                        |                        | 45       |