

Du 2 au 8 Février

PHOENIX PILATES 2026

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LUNDI	MARDI	MRCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
16h00 Reformer Doux	9h15 Reformer pour tous		7h30 Reformer & musculation body sculpt (avec poids)	8h00 Reformer et Sol (Power Pilates) focus Abdos Fessiers	10h30 Reformer pour tous	10h15 Circuit Pilates avancé Reformer / Sol / Tour / Chaise / Altères
	10h30 Reformer pour tous		9h30 Reformer pour tous	9h00 Reformer Intermédiaire	Essai Gratuit 514-229-4385	11h30 Reformer Trampoline intermédiaire
20h00 Reformer Trampoline pour tous	12h30 Reformer maux de dos	12h30 Bungee Fitness	10h45 Mise en forme sur chaise et étirements	10h15 Reformer mobilité & posture (Doux)		12h45 Reformer pour tous
	19h15 Reformer Intermédiaire		12h30 Barre Fitness spécial booty	11h30 Reformer pour tous	PHOENIX PILATES	
			18h00 Reformer Mobilité et en contrôle	12h30 Reformer Power Pilates Tabata		

Ouverture de groupe sur demande.

Weekly Planner

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MARCH

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