

# SESSION PILATES sur REFORMER

# AUTOMNE #1

Maximum - 8 pers / groupe

du 30 août au  
24 octobre 2026  
8 semaines

**KÖR**  
KORSTUDIO.ca

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

**7:45** Pilates  
REFORMER  
*Josée*

**7:45** Pilates  
REFORMER  
*Carole*

**7:45** Pilates  
REFORMER  
*Éloïse*

**8:30** Pilates  
REFORMER  
*Laurie*

**9:00** Pilates  
REFORMER  
*Éloïse*

**9:00** Pilates  
REFORMER  
*Josée*

**9:00** Pilates  
REFORMER  
*Carole*

**9:00** Pilates  
REFORMER  
*Éloïse*

**9:00** Pilates  
REFORMER  
*Laurie*

**9:45** Pilates  
REFORMER  
*Laurie*

**10:30** Pilates  
REFORMER  
*Éloïse*

**10:30** Pilates  
REFORMER  
*Josée*

**10:30** Pilates  
REFORMER  
*Éloïse*

**10:30** Pilates  
REFORMER  
*Laurie*

**11:00** Pilates  
REFORMER  
*Laurie*

**12:00** Pilates  
REFORMER  
*Carole*

**16:15** Pilates  
REFORMER  
*Laurie*

**16:15** Pilates  
REFORMER  
*Éloïse*

**17:30** Pilates  
REFORMER  
*Laurie*

**17:30** Pilates  
REFORMER  
*Anne-Marie*

**17:30** Pilates  
REFORMER  
*Éloïse*

**18:45** Pilates  
REFORMER  
*Anne-Marie*

