

PLANNING 2019/2020

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 TOTAL BODY		10H ZUMBA KIDS (6/8ans)			9H FIT BOXING
10H30 POUND*		11H ZUMBA KIDS (8/10ans)			10H CARDIO TRAINING
12H15 POUND*	12H15 CIRCUIT TRAINING*			12H15 PILATES Niveau 2	
14H30 YOGA		14H STREET JAZZ Enfant (8/10ans)		13H15 PILATES Niveau 2	
		15H STREET JAZZ Enfant (6/8ans)			
		16H BABY DANCE* (4/6ans)			
17H45 POUND*	17H30 ZUMBA Ados (11/15ans)	16H45 STREET JAZZ Ados (11/15ans)	17H BREAK DANCE (6/12ans)		
18H30 MODERN JAZZ Adultes	18H30 ZUMBA Adultes	17H45 PILOXING	18H MODERN JAZZ Ados	18H PILATES Niveau 2	
19H30 CABARET	19H30 POUND*	18H45 RAGGA DANCEHALL	19H SALSA Niveau 2	19H PILATES Niveau 1	
20H30 STREET JAZZ HIP HOP Adultes	20H15 POUND*	19H45 FIT BOXING	20H ZUMBA Adultes	20H DANSE ORIENTALE / Adultes	
		20H45 LADY STYLING	21H CABARET		

Creation.COM YOU CONCEPT 06 31 35 13 48 - le pas later sur la voie publique

cours de 45 minutes

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