

LUNDI**MARDI****MERCREDI JEUDI** **VENDREDI****SAMEDI**

9h30 TOTAL BODY
Fanny

10h30 HIIT
Fanny

12h15 POUND®
Fanny

17h MODERN JAZZ
(Enfants 7-12)
Isabelle

18h POUND®
Isabelle

18h45 MODERN JAZZ
(Adultes) Isabelle

19h45 CABARET 1
Sarah

20h45 STREET JAZZ
HIP HOP (Adultes)
Sarah

10h ZUMBA® Kids
(6-8 ans) Fanny

11h ZUMBA® Kids
(9-11 ans) Fanny

14h STREET JAZZ
(9-12 ans) Sarah

15h STREET JAZZ
(6-8 ans) Sarah

16h BABY DANCE
(4-5 ans) Sarah

16h45 STREET JAZZ
Ados (13-17 ans)
Sarah

17h45 RAGGA
DANCEHALL Ados
(13-17 ans) Papi K

18h45 RAGGA
DANCEHALL (Adultes)
Papi K

19h45 FIT BOXING
Lauran

20h45 LADY STYLING
Diana



12h20 PILATES
(Inter)
Fabrice

17h15 BABY DANCE
(4-5 ans) Sarah

18h MODERN JAZZ
(Ados 13-17 ans)
Sarah

19h SALSA
(Inter)
Christophe

20h ZUMBA
(Ados Adultes)
Sarah

21h CABARET 2
Marie-Maud

17h BREAKDANCE
(7-12 ans)
Pti Moh

18h PILATES
(Inter)
Fabrice

19h PILATES
(Débutant)
Fabrice

9h FIT BOXING
Lauran

10h FITNESS FUN
Lauran

Saison
2021-2022

