

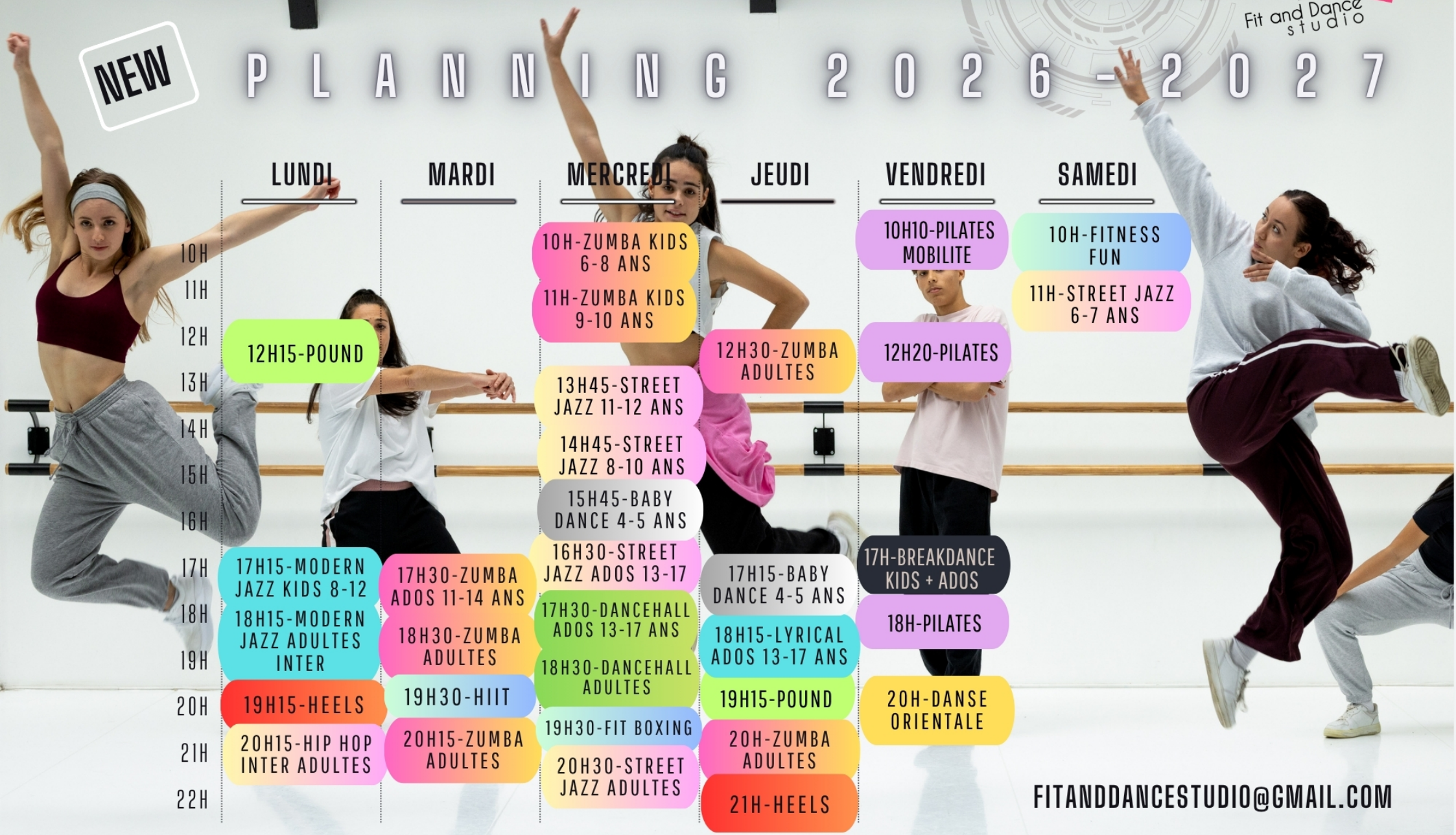
FIT AND DANCE STUDIO



Fit and Dance studio

NEW

PLANNING 2026-2027



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10H
11H
12H
13H
14H
15H
16H
17H
18H
19H
20H
21H
22H

12H15-POUND
17H15-MODERN JAZZ KIDS 8-12
18H15-MODERN JAZZ ADULTES INTER
19H15-HEELS
20H15-HIP HOP INTER ADULTES

17H30-ZUMBA ADOS 11-14 ANS
18H30-ZUMBA ADULTES
19H30-HIIT
20H15-ZUMBA ADULTES

10H-ZUMBA KIDS 6-8 ANS
11H-ZUMBA KIDS 9-10 ANS
13H45-STREET JAZZ 11-12 ANS
14H45-STREET JAZZ 8-10 ANS
15H45-BABY DANCE 4-5 ANS
16H30-STREET JAZZ ADOS 13-17
17H30-DANCEHALL ADOS 13-17 ANS
18H30-DANCEHALL ADULTES
19H30-FIT BOXING
20H30-STREET JAZZ ADULTES

12H30-ZUMBA ADULTES
17H15-BABY DANCE 4-5 ANS
18H15-LYRICAL ADOS 13-17 ANS
19H15-POUND
20H-ZUMBA ADULTES
21H-HEELS

10H10-PILATES MOBILITE
12H20-PILATES
17H-BREAKDANCE KIDS + ADOS
18H-PILATES
20H-DANSE ORIENTALE

10H-FITNESS FUN
11H-STREET JAZZ 6-7 ANS

FITANDDANCESTUDIO@GMAIL.COM