

# HORAIRES

| STUDIO 1   |                                 |  | STUDIO 2                       |                            |  | STUDIO 3         |                         |  |
|--|---------------------------------|--|--------------------------------|----------------------------|--|------------------|-------------------------|--|
| <b>LUNDI</b>   |                                 |  | <b>LUNDI</b>                   |                            |  | <b>LUNDI</b>     |                         |  |
| 09.00-10.15  | SOFT YOGA                       |  | 09.00-10.00                    |                            |  | 09.00-10.00      |                         |  |
| 10.30-11.15  | YOGA PARENT-ENFANT              |  | 10.00-10.45                    | SELF-DEFENSE               |  | 10.00-11.00      |                         |  |
| 12.10-13.05  |                                 |  | 12.10-12.55                    | TRX                        |  | 12.10-13.05      |                         |  |
| 14.00-15.00  |                                 |  | 14.00-15.00                    |                            |  | 14.00-15.00      |                         |  |
| 15.00-16.00  |                                 |  | 15.00-16.00                    |                            |  | 15.00-16.00      |                         |  |
| 16.15-17.00  |                                 |  | 17.00-18.00                    | STREET DANCE enf. I        |  | 16.00-16.45      |                         |  |
| 17.15-18.00  | ÉVEIL À LA DANSE                |  | 18.00-19.00                    | STREET DANCE enf. II       |  | 17.15-18.00      |                         |  |
| 18.15-19.15  | MODERN JAZZ ado. III            |  | 19.15-20.15                    | STREET DANCE II            |  | 18.00-19.00      |                         |  |
| 19.15-20.15  | MODERN JAZZ I                   |  | 20.30-21.30                    | BODY & MIND                |  | 19.00-20.00      | OPEN TRICKS             |  |
| 20.30-21.30  | COMPANY-TEENS                   |  |                                |                            |  | 20.00-21.00      | OPEN TRICKS             |  |
| <b>STUDIO MUSIQUE</b>  |                                 |  | tous les lundis 18.00-20.00    |                            |  | VOICES avec Rémi |                         |  |
| <b>MARDI</b>   |                                 |  | <b>MARDI</b>                   |                            |  | <b>MARDI</b>     |                         |  |
| 09.00-10.00  |                                 |  | 09.00-10.00                    |                            |  | 09.00-10.00      |                         |  |
| 10.00-11.00  |                                 |  | 10.00-11.00                    |                            |  | 10.00-11.00      |                         |  |
| 12.10-13.05  |                                 |  | 12.10-13.05                    |                            |  | 12.10-13.05      |                         |  |
| 14.00-15.00  |                                 |  | 14.00-15.00                    |                            |  | 14.00-15.00      |                         |  |
| 15.00-16.00  |                                 |  | 15.00-16.00                    |                            |  | 15.00-16.00      |                         |  |
| 16.15-17.00  | ÉVEIL À LA DANSE                |  | 16.00-17.00                    |                            |  | 16.00-17.00      |                         |  |
| 17.00-18.00  | JAZZ FUNK enf.                  |  | 17.00-18.00                    | BREAK DANCE                |  | 17.00-18.00      | ART DRAMATIQUE enf.     |  |
| 18.15-19.15  | CONTEMPORAIN II-III             |  | 18.15-19.15                    | CONTEMPORAIN enf. I        |  | 18.15-19.15      | ART DRAMATIQUE prod.    |  |
| 19.45-20.45  | MODERN JAZZ I-II                |  | 19.15-20.15                    | JAZZ FUNK                  |  | 19.15-20.15      | ART DRAMATIQUE          |  |
| 20.30-21.30  |                                 |  | 20.15-21.15                    | STREET DANCE I             |  | 20.00-21.00      |                         |  |
| <b>MERCREDI</b>  |                                 |  | <b>MERCREDI</b>                |                            |  | <b>MERCREDI</b>  |                         |  |
| 09.00-10.00  |                                 |  | 09.00-10.00                    |                            |  | 09.00-10.00      |                         |  |
| 10.00-11.00  |                                 |  | 10.00-11.00                    |                            |  | 10.00-11.00      |                         |  |
| 12.10-12.55  | YOGA                            |  | 12.10-12.55                    | TRX COMBAT                 |  | 12.10-13.05      |                         |  |
| 14.00-15.00  | PLACEMENT TECHNIQUE enf. II-III |  | 14.00-15.00                    | STREET DANCE enf. III      |  | 14.00-15.00      |                         |  |
| 15.15-16.15  | COMPANY ONE                     |  | 15.15-16.00                    | ÉVEIL À LA DANSE           |  | 15.15-16.00      | STREET DANCE initiation |  |
| 16.15-17.00  | PLACEMENT TECHNIQUE initiation  |  | 16.15-17.15                    | COMPANY JUNIOR             |  | 16.15-17.00      | MODERN JAZZ initiation  |  |
| 17.15-18.15  | MODERN JAZZ enf. I-II           |  | 17.15-18.15                    | STREET DANCE ado. I        |  | 17.30-18.30      | TRICKING op. III        |  |
| 18.30-19.30  | PLACEMENT TECHNIQUE I           |  | 18.30-19.30                    | BODY & MIND                |  | 18.30-19.30      | TRICKING op. I          |  |
| 19.45-20.45  | CONTEMPORAIN I                  |  | 19.45-20.30                    | TRX COMBAT                 |  | 19.30-20.45      | OPEN TRICKS             |  |
| <b>JEUDI</b>   |                                 |  | <b>JEUDI</b>                   |                            |  | <b>JEUDI</b>     |                         |  |
| 09.00-10.00  | BODY & MIND                     |  | 09.00-09.45                    | YOGA PARENT-ENFANT         |  | 09.00-09.45      |                         |  |
| 10.00-11.00  |                                 |  | 10.00-11.15                    | SOFT YOGA                  |  | 10.00-11.15      |                         |  |
| 12.10-13.05  |                                 |  | 12.10-13.05                    |                            |  | 12.10-13.05      |                         |  |
| 14.00-15.00  |                                 |  | 14.00-15.00                    |                            |  | 14.00-15.00      |                         |  |
| 15.00-16.00  |                                 |  | 15.00-16.00                    |                            |  | 15.00-16.00      |                         |  |
| 16.00-17.00  |                                 |  | 16.45-17.45                    |                            |  | 16.00-16.45      | TRICKING initiation     |  |
| 17.00-18.00  | CONTEMPORAIN enf. II-III        |  | 17.00-18.00                    | MODERN JAZZ enf. II-III    |  | 17.00-18.00      | GOLF FITNESS            |  |
| 18.15-19.15  | PLACEMENT TECHNIQUE II-III      |  | 18.00-19.00                    | PLACEMENT TECHNIQUE enf. I |  | 18.15-19.15      | TRICKING enf.           |  |
| 19.15-20.15  | MODERN JAZZ III                 |  | 19.15-20.15                    | RENFORCEMENT MUSCULAIRE    |  | 19.45-20.45      |                         |  |
| 20.30-21.30  | CONTEMPORAIN                    |  | 20.30-21.30                    | STREET DANCE III           |  | 20.30-21.00      |                         |  |
| <b>VENDREDI</b>  |                                 |  | <b>VENDREDI</b>                |                            |  | <b>VENDREDI</b>  |                         |  |
| 09.00-10.00  |                                 |  | 09.00-10.00                    |                            |  | 09.00-10.00      |                         |  |
| 10.00-11.00  |                                 |  | 10.00-11.00                    |                            |  | 10.00-11.00      |                         |  |
| 12.10-12.55  | BODY & MIND                     |  | 12.10-13.10                    | MODERN JAZZ II-III         |  | 12.10-13.05      |                         |  |
| 14.00-15.00  |                                 |  | 14.00-15.00                    |                            |  | 14.00-15.00      |                         |  |
| 15.00-16.00  |                                 |  | 15.00-16.00                    |                            |  | 15.00-16.00      |                         |  |
| 16.00-17.00  |                                 |  | 16.00-17.00                    |                            |  | 16.00-17.00      |                         |  |
| 17.30-18.30  | MODERN JAZZ enf. I-II           |  | 17.45-18.30                    | MODERN JAZZ initiation     |  | 17.00-18.30      | TRICKING op. II         |  |
| 18.30-19.00  |                                 |  | 18.00-19.00                    |                            |  | 18.45-19.45      | TRICKING op. I          |  |
| 19.00-20.00  | MODERN JAZZ ado. I-II           |  | 19.00-20.00                    | LADY STYLE                 |  | 19.45-20.45      | YOGA                    |  |
| 20.15-21.15  |                                 |  | 20.00-21.30                    | MASTERCLASS                |  | 20.00-21.00      |                         |  |
| <b>STUDIO MUSIQUE</b>  |                                 |  | tous les vendredis 18.00-20.00 |                            |  | VOICES openclass |                         |  |
| CATÉGORIES enf.: enfants   ado.: adolescents   op.: openclass   I: avancés   II: intermédiaires   III: débutants |                                 |  |                                |                            |  |                  |                         |  |