






PLANNING SAISON 2024-2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
BURN IT UP 9h-10h Yann	PILATES 8h30-9h30 Céline	BABY GYM (4-5 ans) 8h30-9h30 Athéna	PILATES 8h30-9h30 Céline	
	GYM DOUCE/STRETCHING 10h-11h Jessy	BABY GYM (4-5 ans) 9h45-10h45 Athéna		
		GYM ENFANTS (6-8 ans) 11h-12h Athéna		
		DANCE FEVER (12-14 ans) 14h-15h Steeve		
		ZUMBA KIDS (8-12 ans) 15h-16h Jessy		
		ZUMBA (ado dès 15 ans/adultes) 17h-18h Doris		
SALSA (cours évolutif) 18h-19h Gégé	YOGA 18h-19h Julie	ROCK AND ROLL 18h-19h Martine & Thierry	YOGA 18h-19h Julie	
LET'S MOVE/URBAN DANCE 19h-20h Yann		ROCK AND ROLL 19h-20h Martine & Thierry	VIB'S K_RAIBES 19h30-20h30 Jessy	