

Feuille1

| | LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | | DIMANCHE | |
|-------|----------------|-----------------|-------------------------------|--------------------|---------------|--------------------|-------------------------------|--------------------|--------------|-----------------|-------------------|-------------------|-----------------|---------------------------|
| | Salle I | Salle II | Salle I | Salle II | Salle I | Salle II | Salle I | Salle II | Salle I | Salle II | Salle I | Salle II | Salle I | Salle II |
| 08H00 | | | | | | | | | | | | | | |
| 08H30 | | | ½ journée pour répétitions de | | | | ½ journée pour répétitions de | | | | | | | |
| 09H00 | | REMISE EN FORME | | Nadia Maklouf | | MUSCULATION | | Nadia Maklouf | | PILATES ADULTE | | MUSCULATION | REMISE EN FORME | STAGES DE W.-E. MUSCULAT. |
| 09H30 | | 3ème âge | | / | | ENGINES | | / | | ENGINES | | 3ème âge | EPANOUISSEMENT | / ENGINES |
| 10H00 | | | | DANSE PARENTI/ENF. | / | DANSE PARENTI/ENF. | / | / | | C.A.F. ADULTES | / | | ADULTES | / / |
| 10H30 | | | | / | | / | | / | | / | | | CABARET | / / |
| 11H00 | BALLET CLASS. | | | BALLET CONTEMP | / | / | | / | | HIP-HOP ADULTES | / | | ADULTES | / / |
| 11H30 | ADULTES | | | ADULTES | / | / | | / | | / | | | POOL DANCE | / / |
| 12H00 | | | | | | | | | | | | | ADULTES | |
| 12H30 | C.A.F. ADULTES | HIP-HOP ADULTES | PILATES ADULTE | JAZZ ADULTES | | | | | | | | | | |
| 13H00 | | | | | | | | | | | | | | |
| 13H30 | | | | | | | | | | | | | | |
| 14H00 | | | | | INIT. | VIDEOSTYLE III | | | | | | STAGES DE W.-E. | STAGES DE W.-E. | THE DANSANT DANSE PARENT |
| 14H30 | | | | | | | | | | | | | | / /ENFANT |
| 15H00 | | | | | FUNKY II | VIDEOSTYLE IV | | | | | | SUITE | SUITE | / PILATES |
| 15H30 | | | | | | | | | | | | | | / ADULTES |
| 16H00 | | | | | H.H. I | DANSE ORIENT. | | DANSE PARENTI/ENF. | | | | SUITE | SUITE | / C.A.F. |
| 16H30 | INIT. | VIDEOSTYLE I | CLASS.INTER | | | | | FUNKY I | | FUNKY V | CLASS.MOYEN | | | / ADULTES |
| 17H00 | | | | C.A.F. | FUNKY IV | | | PILATES | | | | SUITE | SUITE | / CABARET |
| 17H30 | PREP. | VIDEOSTYLE II | CLASS.MOYEN | | | DANSE ORIENT. | FUNKY II | | FUNKY VII | VIDEOSTYLE ADOS | SPECIAL FORMATION | SPECIAL FORMATION | / | ADULTES |
| 18H00 | | | | STEP/CARDIO | CLASS. AV | | | PHYSIQUE/ SPORTIFS | | | | THEORIE : HIST. | THEORIE : HIST. | / POOL - |
| 18H30 | CLASS. I | STEP/CARDIO | CLASS. AV | | | | H.H. VI | | FUNKY AV. | PILATES | DE LA MUSIQUE | DE LA DANSE OU | | - DANCE |
| 19H00 | | | | H.H. ADULTES | H.H. ADULTES | STEP/CARDIO | | | | | | | TRAITE DE L'ANA | ADULTES |
| 19H30 | C.A.F. | DANSES ARABES | H.H. AV. | | | | VIDEOSTYLE AV. | POOL DANCE | TROPICAL | EPANOUISSEMENT | | | TOMIE. | |
| 20H00 | | DE | | H.H. AV. | DANSES ARABES | | | | | | | | | |
| 20H30 | CLAQUETTES | NADIA MAKLOUF | DANSE DE SALON | POOL DANCE | | DE | CLAQUETTES | | SOIREE SUD- | DANSE DE SALON | SOIREE SUITE | SOIREE SUITE | | |
| 21H00 | | | | | | NADIA MAKLOUF | | | AMERICAINE- | | DES COURS | DES COURS | | |
| 21H30 | | | | | | | | | SALSA ETC... | | | | | |
| 22H00 | | | | | | | | | | | | | | |
| 22H30 | | | | | | | | | | | | | | |
| 23H00 | | | | | | | | | SOIREES D'J | | SOIREES D'J | | | |
| 23H30 | | | | | | | | | ou | | ou | | | |
| 24H00 | | | | | | | | | SOIREES V'J | | SOIREES V'J | | | |
| 00H30 | | | | | | | | | | | | | | |
| 01H00 | | | | | | | | | | | | | | |
| 01H30 | | | | | | | | | | | | | | |
| 02H00 | | | | | | | | | | | | | | |
| 02H30 | | | | | | | | | | | | | | |
| 03H00 | | | | | | | | | | | | | | |
| 03H30 | | | | | | | | | | | | | | |
| 04H00 | | | | | | | | | | | | | | |
| 04H30 | | | | | | | | | | | | | | |
| 05H00 | | | | | | | | | | | | | | |
| 05H30 | | | | | | | | | | | | | | |
| 06H00 | | | | | | | | | | | | | | |