

ASSOCIATION FREE DANSE / SAISON 2021 - 2022

HORAIRES	BASTIDE	ELEGANCE	DAL CANTO
LUNDI		09h15 GYM SOLANGE	
		10h15 STRETCHING SOLANGE	
	12h15 PILATES MAUD	12h15 ZUMBA SOLANGE	
	17h PILATES STEPHANIE	18h RAGGA TIFFANY	18h ORIENTALE VIRGINIE
	18h30 MODERN JAZZ Inter 2 ROMANE	19h GIRLY TIFFANY	19h SEVILLANE Ados Adulte JULIE
	20h MODERN JAZZ Adulte ROMANE	20h RAGGA 2 TIFFANY	20h FLAMENCO Ados Adulte JULIE
	21h	21h HIP HOP TIFFANY	21h
MARDI		17h	12h15 PILATES MAUD
	17h30 QI GONG MURIEL	18h HIP HOP 11-14 OCEANE	17h30 PILATES MAUD
	18h30 QI GONG MURIEL	19h KIZOMBA 1 GORDON	18h30 PILATES MAUD
	19h30 ZUMBA SOLANGE	20h KIZOMBA 2 GORDON	19h30 REGGAETTON RAFAEL & VIRGINIE
	20h30 STRETCHING SOLANGE	21h KIZOMBA 3 GORDON	20h30 SALSA CUB 1 RAFAEL & VIRGINIE
MERCREDI	09h30 PILATES STEPHANIE		
	10h30 STRETCHING STEPHANIE		
	14h EVEIL DANSE 3-4 ROMANE		9h15 HIP HOP 4-6 OCEANE
	14h45 MODERN J Initiation ROMANE	14h30 RAGGA Ados TIFFANY	10h HIP HOP 6- 8 OCEANE
	15h45 EVEIL DANSE MOYEN 4-5 ROMANE	15h30 HIP HOP Ados TIFFANY	11h HIP HOP 8- 10 OCEANE
	16h30 MODERN J Débutant ROMANE	16h30 FLAMENCO 7-11 JULIE	
	17h30 MODERN J Inter 1 ROMANE	18h BACHATA 1 ALEXANDRE & MANUE	18h LATINES ILIANA
	19h YOGA MONICA	19h BACHATA 2 ALEXANDRE & MANUE	19h CUBAINE 2 JEROME
	20h YOGA MONICA	20h ATELIER BACHATA ALEXANDRE & MANUE	20h CUBAINE 3 JEROME
	21H00	21H00	21h ROCK 3 JEROME
		09h30 PILATES STEPHANIE	
	10h30 STRETCHING STEPHANIE		

JEUDI	17h PILATES STEPHANIE	12h15 ZUMBA SOLANGE	17H
	18h STRETCHING JULIE T	17h30 YOGA MONICA	18h LINDY HOP JEROME
	19h PILATES JULIE T	18h30 AFRICAINE LAURA & AKASSA	19h WEST COAST 1 ROMAIN & MAGALI
	20h ROCK 1 JEROME	19h30 ZUMBA SOLANGE	20h WEST COAST 2 ROMAIN & MAGALI
	21h ROCK 2 JEROME	20h30 STRETCHING SOLANGE	21h