

Programme 2019-2020

Monday

10:00 - 11:00
PILATES

16:30 - 17:15
HIP-HOP
4 to 7 years old

16:45 - 17:30
CLASSICAL TRAINING
4 to 7 years old

17:30 - 18:30
HIP-HOP
8 to 12 years old - Level 1

17:30 - 18:30
JAZZ FUNK
4 to 7 years old - Level 1

18:30 - 19:30
JAZZ FUNK
8 to 12 years old

18:30 - 19:30
SPORT DANCE
LATINA DANCE AND STANDARD
8 years old and above

19:30 - 20:30
CARDIO DANCE
Adults

19:30 - 20:30
BALLROOM DANCE
Beginner level

20:30 - 21:30
PILATES

20:30 - 21:30
SPORT DANCE
Adults

20:30 - 22:00
BALLROOM DANCE
Middle level

Dance

Music

Fitness Gym

Health

Tuesday

09:00 - 12:00
KIDS CLUB WORKSHOP
Awakening: dance, music,
drawing, crafting, soft play,
baby gym
2 to 4 years old

09:00 - 10:00
FLOOR BAR
Adults

12:15 - 13:15
CARDIO DANCE

13:15 - 14:00
BEST BODY GYM

14:00 - 14:45
STRETCHING
Adults

16:30 - 17:30
KIDS MIX DANCE
4 to 7 years old

17:00 - 18:00
HIP-HOP BREAKDANCE
4 to 7 years old

18:00 - 19:00
DANSE MIX KIDS
8 to 12 years old - Level 2

18:00 - 19:00
HIP-HOP BREAKDANCE
8 to 12 years old

18:00 - 18:45
CLASSICAL DANCE 1
4 to 7 years old

18:45 - 19:45
CLASSICAL DANCE 2
8 to 12 years old

19:00 - 20:00
ROCK'N'ROLL
Beginner level

19:00 - 20:00
HIP-HOP BREAKDANCE
Adults

19:45 - 20:45
CLASSICAL DANCE 1
Teenagers / Adults

20:00 - 21:00
LADY STYLING LATINO / JAZZ
Teenagers / Adults

20:45 - 21:45
CLASSICAL DANCE 2
Teenagers / Adults

21:00 - 22:00
ROCK'N'ROLL
Advanced level

Wednesday

09:00 - 10:00
CARDIO DANCE

10:00 - 11:00
PILATES

11:00 - 12:00
CLASSICAL DANCE
Adults

13:15 - 14:15
CLASSICAL DANCE 1
8 to 12 years old

14:00 - 14:45
BREAKDANCE
4 to 7 years old

14:15 - 15:00
CLASSICAL TRAINING / DISNEY
4 to 7 years old

15:00 - 15:45
FUNKY DANCE
4 to 7 years old

15:00 - 16:00
BREAKDANCE
8 à 12 ans

15:45 - 16:30
GYM AWAKENING
4 to 7 years old

16:00 - 17:00
BREAKDANCE
Teenagers / Adults

16:30 - 17:30
GYM
8 to 12 years old

16:30 - 17:15
PIANO
7 to 9 years old - Advanced level

17:15 - 18:00
PIANO
5 to 7 years old - Beginner level

17:30 - 18:30
MODERN DANCE
8 to 12 years old

18:15 - 19:15
PIANO AWAKENING
8 to 12 years old

18:30 - 19:30
MODERN DANCE
Teenagers / Adults

19:15 - 20:15
PIANO
Teenagers / Adults

19:30 - 20:30
TRAMPOLINE FITNESS
Teenagers / Adults

20:30 - 21:30
BEST BODY GYM
Adults

Thursday

09:00 - 12:00
KIDS CLUB WORKSHOP
Awakening: dance, music,
drawing, crafting, soft play,
baby gym
2 to 4 years old

09:00 - 10:00
YOGA

10:00 - 10:45
BABY DANCE

16:00 - 16:45
BABY DANCE

16:45 - 17:30
MODERN JAZZ
4 to 7 years old

17:00 - 18:00
SPORT DANCE
LATINA DANCE AND STANDARD
5 to 7 years old

17:30 - 18:30
MODERN JAZZ
8 to 12 years old

18:30 - 19:30
SPORT DANCE
LATINA DANCE AND STANDARD
8 years old and above

18:30 - 19:30
GYM
8 to 12 years old

19:30 - 20:30
KIZOMBA

19:30 - 20:30
STREET DANCE
Teenagers

19:30 - 20:30
YOGA

20:00 - 21:00
SALSA
Level 1

20:30 - 21:30
PILATES

21:00 - 22:00
SALSA
Level 2

Friday

09:00 - 12:00
KIDS CLUB WORKSHOP
Awakening: dance, music,
drawing, crafting, soft play,
baby gym
2 to 4 years old

11:00 - 11:45
PARENT/CHILD GYM
2 to 4 years old

17:00 - 17:45
TRAMPOLINE DANCE
6 to 16 years old

17:00 - 17:45
HIP-HOP
4 to 7 years old

17:45 - 18:30
DANCE MIX
8 to 12 years old - Level 1

18:00 - 19:00
HIP-HOP
BREAKDANCE
8 to 12 years old

18:30 - 19:30
CARDIO DANCE
Teenagers / Adults

19:00 - 20:00
HIP-HOP
BREAKDANCE
Teenagers / Adults

19:30 - 20:15
STRETCHING
Adults

Saturday

09:45 - 10:30
FUNKY DANCE
4 to 7 years old

10:30 - 11:15
PARENT/CHILD GYM
2 to 5 years old

11:30 - 12:30
CARDIO DANCE



Dance & Health
dance center