

## PLANNING 2023/24 ECOLE DES ARTS ET DU BIEN ETRE

MICKAEL	ELODIE	CAROLINE	CAROLINE	CAROLINE	CHRISTELLE
JOHSUA				CAROLINE	GUILLAUME
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
SALLE 1	SALLE 1	SALLE 1	SALLE 1	SALLE 1	SALLE 1
	10H/11H RENFORCEMENT MUSCULAIRE				
		14H/15H STREET JAZZ 10/12		12H30/13H30 PILATES	
17H30/18H30 HIP-HOP (10/12)		15H/16H MODERN' JAZZ 7/8			
19H/20H STRETCHING		16H/16H45 4/6 EVEIL /INITIATION			
20H/21H15 INTER MODERNE ADULTES	17H45/19H HATHA YOGA		17H30/18H30 MODERN'JAZZ 9/11		
21H15/21H35 ATELIER DANSE	19H/20H15 HIP-HOP ADULTES	18H15/19H15 RENFORCEMENT POSTURAL	18H30/19H30 ANIMAL FLOW	17H/18H TAI CHI SENIORS	
	20H15/21H15 PILATES	19H15/20H30 TALONS ADULTES	19H30/20H45 DANSE ADULTS DEB	18H30/19H30 TAI CHI CONFIRME	
SALLE 2	SALLE 2	SALLE 2	SALLE 2	SALLE 2	SALLE 2
					11H30/13H30 OPEN POLE 1/MOIS
	18H30/19H45 POLE DANCE DEB				
	19H45/21H POLE CHORE INTER				