

PLANNING 2025 - 2026

Salle Xpress LAB

LUNDI

17H30-18H30
PILATES INTER

18H30-20H
YOGA

MARDI

17H - 18H
CONTEMPORAIN
ELEMENTAIRE

18H - 19H
CONTEMPORAIN
INTER

19H-20H30
CONTEMPORAIN
AVANCÉ

20H30-21H30
CONTEMPORAIN
ADULTE

MERCREDI

17H-18H
AFRO ADO

18H-19H
DANCEHALL ADO/ADULTE

19H-20H
AFRO ADULTE 2

20H15 - 21H15
KIZOMBA DEBUTANT
ÉVOLUTIF

JEUDI

17H30-18H30
CROSS TRAINING ADO

18H30-20H
HEELS 1

20H-21H30
HEELS 2

VENDREDI

18H-19H
K-POP KIDS

19H-20H
K-POP ADO/JEUNE
ADULTE

SAMEDI

10H-11H30
COURS EVENEMENTIEL
(SUR SELECTION)

STAGES

PREPARATION
CONCOURS
(SUR SELECTION)

PLANNING 2025 - 2026

Salle Soul Tribe

LUNDI

12H30-13H30
CROSS TRAINING ADULTE

17H-18H
MODERN JAZZ ELEM

18H-19H
MODERN JAZZ INTER

19H-20H
BODY SCULPT

20H-21H
HEELS 2

MARDI

12H30-13H30
PILATE ADULTE

18H - 19H
AFRO KIDS

19H - 20H
DANCEHALL KIDS

20H-21H
AFRO ADULTE 1

MERCREDI

10H30-11H30
PILATE SENIOR

17H-18H
BABY DANCE

18H-19H
MODERN JAZZ INTER

19H-20H
MODERN JAZZ AVANCÉ

20H - 21H
MODERN JAZZ ADULTE

JEUDI

12H30-13H30
CROSS TRAINING ADULTE

17H-18H
HIP-HOP KIDS

18H-19H
BREAKDANCE 1

19H-20H
BREAKDANCE 2

20H-21H30
HIP HOP TECHNIQUE

VENDREDI

17H-18H
BABY HIP-HOP

18H-19H
HIP-HOP ADO

19H-20H30
HIP-HOP AVANCÉ

20H30-21H30
HIP-HOP ADULTE

SAMEDI

10H-11H30
COURS EVENEMENTIEL
(SUR SELECTION)

STAGES

PREPARATION
CONCOURS
(SUR SELECTION)