**FIT and DANCE 22/23 ENFANT ET ADULTE**

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| **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** |
|  |  | **9h30-10h15****EVEIL I (3ans+)** |  |  |
|  |  | **10h30-11h15****EVEIL II (4ans+)** |  |  |
|  |  | **15h-16h****MODERN/JAZZ****(Initiation 5ans+)** |  |  |
|  |  | **16h-17h****VIDEO-CLIP/CHORE****(6-14ans)** |  | **16h45-17h30****EVEIL I + II****(3-5ans)** |
| **17h-18h****BALLET Initiation****(5ans+)** | **17h-18h****BALLET Elémentaire****(7ans+)** | **17h-18h****MODERN/JAZZ****(Intermédiaire 10ans+)** | **17h-18h****PBT Enfant****(7ans+)** | **17h30-18h30****CHARACTERDANCE****(6ans+)** |
| **18h-19h****BALLET Intermédiaire****(10ans+)** | **18h-19h****MODERN/JAZZ****(Elémentaire 7ans+)** |  |  |  |

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| **LUNDI** | **MARDI** | **MERCREDI** | **Jeudi** | **SAMEDI** |
| **9h30-10h30****STRETCHING** | **12h15-13h15****BALLET Adulte** **Débutant** |  | **18h15-19h15****PBT Adulte** | **9h15-10h****CARDIO-CIRCUIT** |
| **19h-20h****GARUDA/PILATES** | **19h-20h****BALLET Adulte** **Débutant** | **19h-20H****BALLET Adulte/Ado** **Moyen+** | **19h15-20h15****STRETCHING** | (Inscriptions par SMS ou application Doodle/3 per. min) |