K'DANSE FORME - 2021/2022

Merci de respecter les créneaux choisis

							16h15-17h00	17h05-17h50	17h55-18h40	18h45-19h30	19h40-20h25	
LUNDI							GYM DOUCE (Sébastien Béliard)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Sébastien Béliard)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Sébastien Béliard)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Sébastien Béliard)	ZUMBA * (Sébastien Belliard)	
							16h25-17h10	17h15-18h00	18h05-18h50	18h55-19h40	19h45-20h30	
MARDI							GYM DOUCE (Sébastien Béliard)	*FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Sébastien Béliard)	STRETCHING BIEN-ETRE (Sebastien Belliard)	ZUMBA * (Sébastien Belliard)	ZUMBA * (Sébastien Belliard)	
	09h30-10h15	10h25-11h10			14h-15h	15h-16h	16h-17h	17h-18h		19h30-21h		
MERCREDI	FITNESS: Renforcement musculaire (Sébastien BELLIARD)	STRETCHING BIEN-ETRE (Sebastien Belliard)			DANSE (Claudie Ringuet) Benjamines 6-7 ans	DANSE (Claudie Ringuet) Poussines 4-5 ans	DANSE (Claudie Ringuet) Cadettes 8-10 ans	DANSE (Claudie Ringuet) Secondaires 11-12 ans		DANSE (Claudie Ringuet) Sup 4 adulte 1 *		
								17h30-18h15	18h20-19h05	19h15-20h00		
JEUDI								STRETCHING BIEN-ETRE (Sebastien Belliard)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Sébastien Béliard)	**FITNESS XXL (Sébastien Béliard)		
						15h45-16h30	16h35-17h20	17h25-18h10	18h15-19h	19h-19h45	19h45-20h30	
VENDREDI						GYM DOUCE (Jonathan Audigane)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Jonathan Audigane)	**FITNESS: Renfo/cardio. STEP, LIA, Circuit Training, ... (Jonathan Audigane)	STRETCHING BIEN-ETRE (Jonathan Audigane)	PILATES * (Jonathan Audigane)	PILATES * (Jonathan Audigane)	
	09h-10h30	10h30-12h00	12h - 13h30									
SAMEDI	DANSE (Claudie Ringuet) Sup 1 13-15 ans	DANSE (Claudie Ringuet) Sup 2 15-17 ans	DANSE (Claudie Ringuet) Sup 3 adulte 2 *									