

PROGRAMME SAISON 2025-2026

H	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2
9h					9h30-10h30* CARDIO RENFO				9h – YOGA KUNDALINI*	
12h			12h15* QI GONG	12h15* Modern'Jazz inter	10h45-11h45* PILATES					
14h										
15h										
16h						16H15 DANSE 5-7 ANS				
17h			DANSES DE SALON INTER/ AVANCE			HIP HOP STREET DANCE 8-12 ANS				
18h	SOLO WEST COAST SWING FEMMES	SOLO WEST COAST SWING HOMMES	SOLO SWING CHARLESTON	GIRLY STREET DANCE DEBUTANT	SOLO STYLING SALSA BACHATA	GIRLY STREET DANCE INTER-AVANCE	BACHATA INTER		HIP HOP STREET ADOS/ADULTE AVANCES	BALBOA INITIE
19h	WEST COAST SWING AVANCE GROUPE 2	MODERN JAZZ DEBUTANT *	WEST COAST SWING INTER1	LINDY HOP DEBUTANT	ROCK INTER/AVANCE	SALSA DEBUTANT	WEST COAST SWING INTER2	ROCK DEBUTANT	HIP HOP STREET ADOS/ADULTES Débutant/Inter	BACHATA AVANCE
20h	SALSA CUBAINE INTER/AVANCE	LINDY HOP INTER 1 ET 2	ROCK DEBUTANT	SALSA INTER1	ROCK AVANCE	WEST COAST DEBUTANT	WEST COAST SWING AVANCE GROUPE 1	Méthode M,IND* Bien-Etre Métissage interdiscipline	SALSA CUBAINE AVANCE	
21h	BACHATA DEBUTANT	LINDY HOP INTER/AVANCE	ROCK INTER 1 ET 2	WEST COAST SWING COMPETITION	ROCK SWING	WEST COAST SWING INTER/AVANCE	BOOGIE INTER/AVANCE	DANSE ORIENTALE* tous niveaux	WEST COAST SWING AVANCE (sur audition)	
22h							BOOGIE ACROS ET DEMOS			



Programme susceptible de modification

Légende :

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= Prof indépendant pratiquant leur propre tarification

