

LUNDI

	SALLE 1	SALLE 2	SALLE 3	
09:00				09:00
09:15	QIGONG ARTAO. 9h00 / 10h15		GYM TONIC NATHALIE. 9h00 / 10h00	09:15
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18:15	PILATES DEBUTANT NATHALIE. 18h00 / 19h00		JAZZ ENFANTS / ADOS. 17h30 / 18h30	18:15
18:30				
18:45		YOGA JULIEN. 18h30 / 19h30		18:45
19:00				19:00
19:15	PILATES INTERM. NATHALIE. 19h00 / 20h00		JAZZ ENFANTS / ADOS. 18h30 / 19h30	19:15
19:30				
19:45				19:45
20:00			JAZZ ADULTES AVANCE. 19h30 / 21h00	20:00
20:15				20:15
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MARDI

	SALLE 1	SALLE 2	SALLE 3	
09:00				09:00
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10:00				10:00
10:15			YOGA JULIEN. 10h00 / 11h00	10:15
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17:45	YANGSHENG YOGA ARTAO. 17h30 / 18h45		CLASSIQUE ELEMENTAIRE 17h30 / 18h15	17:45
18:00				18:00
18:15			CLASSIQUE MOYEN 18h15 / 19h30	18:15
18:30		SOPHROLOGIE Megane Cazalis 18h00 / 19h00		18:30
18:45	18:45			
19:00	19:00			
19:15			19:15	
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19:45	KRAV MAGA Philippou Yoann. 19h30 / 21h30		CLASSIQUE ADULTES. 19h30 / 21h00	19:45
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MERCREDI

	SALLE 1	SALLE 2	SALLE 3		
09:00				09:00	
09:15	QIGONG ARTAO 9h00 / 10h15		QIGONG ARTAO 9h00 / 10h15	09:15	
09:30				09:30	
09:45				09:45	
10:00				10:00	
10:15				10:15	
10:30					10:30
10:45			10:45		
11:00	CIRQUE ZMAM 4 ans - 5 ans 11h00 / 12h00		EVEIL INITIATION 10h30 / 11h15	11:00	
11:15				11:15	
11:30				JAZZ ENFANTS 11h15 / 12h00	11:30
11:45					11:45
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13:45				13:45	
14:00	CIRQUE ZMAM 7 ans - 9 ans. 13h45 / 15h15			14:00	
14:15			HIP-HOP ENFANTS 13h45 / 14h30	14:15	
14:30				14:30	
14:45				14:45	
15:00				15:00	
15:15			15:15		
15:30			HIP-HOP ADOS. 15h00 / 16h00	15:30	
15:45	CIRQUE ZMAM 5 ans - 6 ans 15h30 / 17h00			15:45	
16:00				16:00	
16:15			JAZZ ADOS AVANCE 16h00 / 17h15	16:15	
16:30				16:30	
16:45			16:45		
17:00			17:00		
17:15			17:15		
17:30	CIRQUE ZMAM Grands & + de 10 ans 17h15 / 18h45			17:30	
17:45			PILATES NATHALIE 17h30 / 19h30	17:45	
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JEUDI

	SALLE 1	SALLE 2	SALLE 3	
09:00				09:00
09:15				09:15
09:30			GYM TONIC NATHALIE 9h00 / 10h00	09:30
09:45				09:45
10:00				10:00
10:15			GYM DOUCE NATHALIE 10h00 / 11h00	10:15
10:30				10:30
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18:15			YOGA JULIEN. 18h00 / 19h00	18:15
18:30	QIGONG ARTAO 18h15 / 19h30			18:30
18:45			18:45	
19:00			19:00	
19:15			19:15	
19:30		YOGA JULIEN. 19h15 / 20h15	19:30	
19:45	GESTION DU STRESS ARTAO. 19h30 / 20h45			19:45
20:00			CONTEMPORAIN MARCO 19h15 / 21h00	20:00
20:15		20:15		
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VENDREDI

	SALLE 1	SALLE 2	SALLE 3	
09:00				09:00
09:15				09:15
09:30			PILATES NATHALIE 9h00 / 10h00	09:30
09:45				09:45
10:00				10:00
10:15			STRETCHING NATHALIE. 10h00 / 11h00	10:15
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12:30	YANGSHENG YOGA ARTAO. 12h15 / 13h30			12:30
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18:30			NEO-CLASSIQUE 18h15 / 19h15	18:30
18:45				18:45
19:00	TAEKWONDO 18h30 / 21h30			19:00
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21:00			ATELIERS CHOREGRAPHIQUE 20h45 / 22h00	21:00
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Week 1, Sept 13-17

SAMEDI

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