

L'HAPPYCATH

2020/2021



DANSE

PILATES

GYM DOUCE

GYM TONIQUE

BODY-SCULPT

CIRCUIT TRAINING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h/10h Gym tonique	9h/10h Gym tonique	9h/10h Gym tonique	9h/10h Gym tonique	
10h30/11h30 Gym douce	10h30/11h30 Pilates	10h30/11h30 Gym douce		
12h15/13h Pilates	18h/18h45 Pilates	16h/16h45 Eveil corporel & rythmique (3/5 ans)	12h15/13h Circuit training	
17h/18h Dancefloor (6-10 ans)	19h/20h Body sculpt	17h/18h Dancefloor (6-10 ans)	17h/17h45 Eveil corporel & rythmique (3-5 ans)	
18h30/19h30 Body sculpt	20h15/21h Pilates	18h15/19h15 Speedance ados (11-15 ans)	18h15/19h15 Body sculpt	
19h45/20h45 Speedance adultes		19h30/20h30 Speedance adultes	19h30/20h30 Body sculpt	