

# L'HAPPYCATH

2020/2021



**DANSE**

**PILATES**

**GYM DOUCE**

**GYM TONIQUE**

**BODY-SCULPT**

**CIRCUIT TRAINING**

|                                            | LUNDI                         | MARDI                        | MERCREDI                                                       | JEUDI                                                          | VENDREDI                                                        |
|--------------------------------------------|-------------------------------|------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|
| <b>9h/10h</b><br>Gym tonique               | <b>9h/10h</b><br>Gym tonique  | <b>9h/10h</b><br>Gym tonique | <b>9h/10h</b><br>Gym tonique                                   | <b>9h/10h</b><br>Gym tonique                                   |                                                                 |
| <b>10h30/11h30</b><br>Gym douce            |                               |                              | <b>10h30/11h30</b><br>Gym douce                                |                                                                |                                                                 |
| <b>12h15/13h</b><br>Pilates                |                               |                              | <b>16h/16h45</b><br>Eveil corporel<br>& rythmique<br>(3/5 ans) | <b>12h15/13h</b><br>Circuit training                           | <b>12h15/13h15</b><br>Yoga avec<br>Gabriele                     |
| <b>17h/18h</b><br>Dancefloor<br>(6-10 ans) | <b>18h/18h45</b><br>Pilates   |                              | <b>17h/18h</b><br>Dancefloor<br>(6-10 ans)                     | <b>17h/17h45</b><br>Eveil corporel &<br>rythmique<br>(3-5 ans) |                                                                 |
| <b>18h30/19h30</b><br>Body sculpt          | <b>19h/20h</b><br>Body sculpt |                              | <b>18h15/19h15</b><br>Speedance<br>ados (11-15 ans)            | <b>18h15/19h15</b><br>Body sculpt                              | <b>18h30/19h45</b><br>Yoga avec<br>Gabriele                     |
| <b>19h45/20h45</b><br>Speedance<br>adultes | <b>20h15/21h</b><br>Pilates   |                              | <b>19h30/20h30</b><br>Speedance<br>adultes                     | <b>19h30/20h30</b><br>Body sculpt                              | <b>20h00/21h00</b><br>Hip Hop<br>Avec Yayastyle<br>Ados/Adultes |