

# L'HAPPYCATH

**2021/ 2022**



**DANSE**

**PILATES**

**GYM DOUCE**

**GYM TONIQUE**

**BODY-TRAINING**

**STRETCHING**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h/10h Gym tonique	9h/10h Gym tonique	9h/10h Gym tonique	9h/10h Gym tonique	
	10h30/11h15 Pilates 1	10h30/11h30 Gym douce		
12h15/13h Pilates 1/2		16h/16h45 Eveil corporel & rythmique (3/5 ans)		12h15/13h15 Yoga avec Gabriele
17h/18h Dancefloor (6-7 ans)	18h/18h45 Pilates 1/2	17h/18h Dancefloor (8-10 ans)	17h/17h45 Eveil corporel & rythmique (3-5 ans)	
18h30/19h30 Body-training Stretching	19h/20h Body-training	18h15/19h15 Speedance ados (11-15 ans)	18h15/19h15 Body-training	18h30/19h45 Yoga avec Gabriele
19h45/20h45 Speedance adultes	20h15/21h Pilates 2	19h30/20h30 Speedance adultes	19h30/20h30 Body-training Stretching	20h00/21h00 Hip Hop Avec Yayastyle Ados/Adultes