

HIVER 2025 | 13 SEMAINES DU SAMEDI 4 JANVIER AU JEUDI 3 AVRIL

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					Ballet workout 9h30 10h30	Cardio ballet 9h30 10h30
			Ballet douceur 10h 11h		Ballet débutant 3 10h30 12h	Ballet débutant 2 10h45 11h45
Cardio ballet 17h30 18h30	Ballet workout 17h30 18h30	Pilates 17h30 18h30	Stretch 17h30 18h30			
Ballet débutant 1 18h30 19h30	Ballet débutant 2 18h30 19h30	Ballet workout 18h30 19h30	Ballet débutant 1 18h30 19h30			
Ballet workout 19h30 21h	Ballet débutant 3 19h30 20h30	Ballet débutant 2-3 19h30 21h	Ballet inter 19h30 21h			
	Pointes 1 20h30 21h		Pointes 2 21h 21h30			

espace  variation

WINTER 2025 | 13 WEEKS FROM SATURDAY JANUARY 4 TO THURSDAY APRIL 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Ballet Workout 9h30 10h30	Cardio Ballet 9h30 10h30
			Soft Ballet 10h 11h		Ballet Beginner 3 10h30 12h	Ballet Beginner 2 9h30 10h30
Cardio Ballet 17h30 18h30	Ballet Workout 17h30 18h30	Pilates 17h30 18h30	Stretch 17h30 18h30			
Ballet Beginner 1 18h30 19h30	Ballet Beginner 2 18h30 19h30	Ballet Workout 18h30 19h30	Ballet Beginner 1 18h30 19h30			
Ballet Workout 19h30 21h	Ballet Beginner 3 19h30 20h30	Ballet Beginner 2-3 19h30 21h	Ballet Inter 19h30 21h			
	Pointes 1 20h30 21h		Pointes 2 21h 21h30			