

PRINTEMPS 2025 | 10 SEMAINES DU SAMEDI 5 AVRIL AU LUNDI 16 JUIN

| 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

SPRING 2025 | 10 WEEKS FROM SATURDAY APRIL 5 TO MONDAY JUNE 16

| 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 | | | |