

# PLANNING 2018-2019 GYMNASSE ANDRE GIANTON

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
		9H - 10H <b>FELDENKRAIS - GYM DOUCE</b> KATY			9H15 - 10H15 <b>YOGA</b> NINETTE
		10H - 11H <b>GYM BALL</b> KATY			10H45 - 11H30 <b>BABY GYM 2/3 ANS</b> NINETTE
		11H15 – 12H15 <b>ACROBATIE 6/7 ANS</b> ANNE - SOPHIE			
		13H – 14H <b>ACROBATIE 8/9 ANS</b> ANNE-SOPHIE			
		14H – 15H <b>ACROBATIE 10/11 ANS</b> ANNE -SOPHIE			
		15H – 16H <b>ACROBATIE 12 ANS ET +</b> ANNE - SOPHIE			
16H15 -17H <b>EVEIL DANSE 4/6 ANS</b> ANNE SOPHIE		16H15 - 17H15 <b>STREET DANCE 11 ANS ET +</b> ANNE - SOPHIE	16H15 – 17H <b>ACROBATIE 4/5 ANS</b> ANNE - SOPHIE		
17H – 18H <b>MODERN JAZZ 7/9 ANS</b> ANNE -SOPHIE		17H15 – 18H15 <b>STREET DANCE 8/10 ANS</b> ANNE - SOPHIE	17H15 - 18H15 <b>POLE DANCE ENFANTS/ ADOS</b> ANNE - SOPHIE		
18H-19H <b>MODERN JAZZ 10 ANS ET +</b> ANNE - SOPHIE		18H30- 19H15 <b>CIRCUIT TRAINING</b> ANNE - SOPHIE	18H30-19H15 <b>FITNESS</b> ANNE - SOPHIE		
19H- 20H <b>POP FITNESS</b> NATASHA		19H15 – 20H <b>FITNESS BACK</b> ANNE – SOPHIE	19H15 –20H <b>STRETCHING</b> ANNE – SOPHIE		
20H -21H <b>STRETCHING</b> NATASHA	19H45 – 20H45 <b>AFRO TRAINING</b> KOFI	20H - 21H <b>ZUMBA</b> NATASHA	20H – 21H <b>PILATES</b> ANNE - SOPHIE	19H45 – 20H45 <b>ZUMBA GOLD</b> NATASHA	