# PLANNING SMILE

CANDICE
GUILLAUME
JOHANNA S
JORDANE
KEVIN

LACIDES
MAYA
NATHALIE
STEPHANIE
VIRGINIE

Smile
Bien-être & Danse

DEPART

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|---|---|---|---|---|
| 9H-10H<br>PILATES N2 | 9H-10H<br>GYM SUCRÉE | 9H-10H<br>PILATES N1/N2 | 9H-10H<br>GYM SALÉE | 9H-10H<br>FIT LATIN'DANCE |
| 10H-11H<br>PILATES N1 | 10H-11H<br>ISOSTRETCHING | 10H15-11H15<br>FIT LATIN'DANCE<br>ENFANTS (8-14 ANS) | 10H-11H<br>GYM DU DOS | 10H-11H<br>ABDOS FESSIERS |
| 11H15-12H45<br>ASHTANGA YOGA | | | 11H15-12H30<br>SOPHROLOGIE | 11H-12H<br>STRETCH POSTURAL |
| | 13H15-14H45<br>HATHA YOGA | 14-15H<br>MODERN JAZZ<br>(12-16 ANS) | | |
| | | 15H-16H<br>MODERN JAZZ<br>(6-8 ANS) | | |
| 18H-19H<br>STREET DANCE N1<br>ADOS/ADULTES (+ 14 ANS) | 17H15-18H<br>GYM PARENTS/ENFANTS<br>(5-11 ANS) | 16H-17H<br>MODERN JAZZ<br>(9-11 ANS) | 17H30-18H15<br>ZUMBA KIDS (8-13 ANS) | 17H15-18H<br>GYM ENFANTS<br>(8-14 ANS) |
| 19H-20H<br>ZUMBA | 18H30-19H30<br>CIRCUIT | 18H30-20H<br>HATHA YOGA | 18H30-19H30 ZUMBA<br>18H45-19H45<br>RUN AND FITNESS | 18H30-19H15<br>ABDOS FESSIERS |
| 20H-21H<br>STREET DANCE N2 | 19H30-20H30<br>PILATES N2 | 20H-21H15<br>MODERN JAZZ<br>(+16 ANS) | 19H30-20H30<br>PILATES N1/N2 | 19H15-20H15<br>ISOSTRETCHING |

ARRIVEE