

Les Studios du Britais

15 rue du Britais - Laval
Tél. 07 81 14 34 23

Cours collectifs de Danse et de Bien-être Planning saison 2020 – 2021



lundi

mardi

mercredi

jeudi

vendredi

STUDIO	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
09:00										
09:30										
10:00										
10:30										
11:00										
11:30										
12:00										
12:30										
13:00	HATHA FLOW 12:30 – 13:30	PILATES 12:30 – 13:30	PILATES 12:30 – 13:30		HATHA FLOW 12:30 – 13:30				PIILATES 11:00 – 12:00	
13:30										
14:00										
14:30										
15:00	HATHA FLOW 15:30 – 16:30									
15:30										
16:00										
16:30										
17:00										
17:30										
18:00			PILATES 17:30 – 18:30							
18:30	HATHA FLOW 18:20 – 19:20		VINYASA 18:30 – 19:30							
19:00						HATHA FLOW 18:20 – 19:20			BREAK Ados 18:30 – 19:30	POWER YOGA 18:45 – 19:45
19:30	MODERN JAZZ Ados – Adultes 19:30 – 21:00	VINYASA 19:30 – 20:30		HATHA FLOW 19:40 – 20:40	YOGA David 19:15 – 20:15	HATHA FLOW 19:30 – 20:30		BREAK Inter/avancé 19:30 – 20:30		ASHTANGA YOGA 18:30 – 19:30
20:00			KIZOMBA deb 20:00 – 21:00						BACHATA Débutant 20:00 – 21:00	
20:30		SALSA CUBAINE deb 20h30 – 22:30								
21:00							FITNESS DANSE Filles >16 ans 20:30 – 21:30		BACHATA Inter/avancé 21:00 – 22:00	
21:30			KIZOMBA int 21:00 – 22:00							