|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| PROGRAMME DES COURS 2016-2017 | | |  |  |  |  |
|  | **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** |
|  | **19 sept** | **20 sept** | **21 sept** | **22 sept** | **23/18** | **17 sept** |
| ***Eveil*** *: danser aux sons et rythmes de son corps* | | | |  |  |  |
| **Baby danse 3 ans** |  |  | 16h45-17h30 |  |  |  |
| **Danse 4 ans** |  |  | 16H-16H45 |  |  |  |
| **Danse 5 ans** |  |  |  |  |  | 10H30-11H30 |
| ***Danse****: Le corps en danse : Contemporain* | | |  |  |  |  |
| **6 ans** |  |  | 13h45-14H45 |  |  | 11H30-12H30 |
| **7 ans** |  |  | 14h45-15h45 |  |  | 15H15-16H15 |
| **8 ans** |  |  |  |  |  | 16H15-17H15 |
| **9 ans** |  |  | 17h30-18h30 |  |  | 17H15-18H15 |
| **10 ans** | 17h-18h30 |  |  |  |  | 13H45-15H15 |
| **11 ans** |  |  |  |  |  | 9h-10h30 |
| **12/13 ans** |  | 17h30-19h |  |  |  |  |
| **14 ans** |  |  | 18h30-20h |  |  |  |
| **15/19 ans (lycée)** |  |  |  |  | 18h-19h30 |  |
| **CDASS** |  | 15h30-17h30 |  |  | 16H30-18H |  |
| **Adulte débutant-inter** |  | 20h-21h30 |  |  |  |  |
| **Adulte tous niveaux** |  |  |  |  | 10h15-11h15 |  |
| **Adulte avancé** |  |  | 20h-22h |  |  |  |
| **"Stretch and dance"** |  |  |  | 11H-12H30 |  |  |
| **Zumba** | 18H30-19H30 |  |  |  |  |  |
| *Le corps en danse : Modern jazz* | | |  |  |  |  |
| **9/10 ans** |  |  |  | 17h-18h |  |  |
| **11/13 ans** |  |  |  | 18h-19h15 |  |  |
| **14/16 ans** |  |  |  | 19h15-20h30 |  |  |
| **Jazz 17 ans/ adulte** |  |  |  | 20h30-22h |  |  |
| ***Bien- être du corps*** *: Harmoniser son corps* | | | |  |  |  |
| **Stretching** |  | 9h30-10h30 |  |  | 9h15-10h15 |  |
| **Pilates** |  | 12h30-13h30 |  | 12H30-13H30 |  |  |
| **Stretching** |  | 19h-20h |  |  |  |  |
| **Barre au sol** |  |  | 9h45-11H15 |  |  |  |
| **Maintien** | 19h30-21h |  |  |  |  |  |
| **Méthode Feldenkraïs** |  | 10h30-11h30 |  |  |  |  |
| **Gym senior** |  |  |  | 10H-11H |  |  |