

Planning Toussaint 2025 / sem du 27 au 31 oct

DANSES SOCIALES

DANSES SOLO

FITNESS

BIEN-ÊTRE

LUNDI

MEYREUILFUVEAU

19h30LacroixROCK Swing 3
Noële & Eric20hMartinezTIBETAN ZEN
Laetitia20h30LacroixSALSA 3
Noële & Eric

MARDI

AIXFUVEAU

19h45Grde BastideSALSA 2
Noële & Eric19h30Roque MartineZUMBA
Elodie19h45Grde BastideROCK SWING 2
Noële & Eric20h20Roque MartinePILATES
Elodie19h35Creps 18ZUMBA
Jean-Miguel20h30Creps 18RAGGA 2
Dorian19h15UghettiFORRO 1
Renato & Eva20h15UghettiFORRO SAMBA 2
Renato & Eva19hAnémonesDYNAMIC YOGA 2
Magali20hAnémonesDYNAMIC YOGA 1
Magali

LUYNES

MERCREDI

AIX

18h30FloraliesPILATES
Charlotte19h45FloraliesBACHATA 1
Amandine & JB20h45FloraliesBACHATA 2
Amandine & JB19h30Grde BastideSALSA SHINE 1
Dorian19h30Grde BastideSALSA SHINE 2
Dorian

JEUDI

AIXFUVEAU

18h30FloraliesBODY FIT
Charlotte19h30Roque MartinePILATES
Christelle19h20FloraliesYOGA VINYASA
Charlotte20h30Roque MartineSTRETCHING
Christelle20h20FloraliesSTRETCHING
Charlotte

LUYNES

19h30UghettiKIZOMBA 1
Guadalupe & Pat20h30UghettiKIZOMBA 2
Guadalupe & Pat

VENDREDI

AIX

21h Grde Bastide
SOIRÉE “Fiesta
de los Muertos”
Latino Rock‘ N
Dance