

LUNDI, MARDI, MERCREDI, JEUDI, VENDREDI, SAMEDI,

Fit and
Dance Studio

10h
Zumba Kids
6-8 ans

11h
Spécial
DOS

10h
Fitness
Fun

11h
Zumba Kids
9-10 ans

11h
Street
Dance
6-7 ans

12h15
Pound

12h30
Zumba
Adultes

12h20
Pilates

13h45
Street Dance
11-13 ans

14h45
Street Dance
8-10 ans

15h45
Baby Dance
4-5 ans

17h15
Modern Jazz
8-12 ans

17h30
Zumba
11-14 ans

16h30
Street Dance
14-17 ans

17h15
Baby Dance
4-5 ans

17h
Breakdance
8-13 ans

18h15
Modern Jazz
Adultes

18h30
Zumba
Adultes

17h30
Dancehall
13-17 ans

18h15
Jazz Lyrical
13-17 ans

18h
Pilates

19h15
Heels
Adultes

19h30
HIIT

18h30
Dancehall
Adultes

19h15
Pound

19h
Aéro
Combat

20h15
HIP HOP
ALL STYLE
Adultes

20h15
Kuduro Fit

19h30
Fun Dance

20h
Zumba
Adultes

20h
Danse
Orientale

20h30
Street Jazz
Girly
Adultes

21h
Heels
Adultes

PLANNING
2025/2026

www.fitanddancestudio.com



Fit and Dance
studio