

# TRANS'EN DANSE

## PLANNING DES COURS 2021-2022

|       | Lundi                                             |                                                  | Mardi                                                     |                                          | Mercredi                                                    |                                                     | Jeudi                                             |                                                | Vendredi                                   |                                            | Samedi                              |                                        |
|-------|---------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------|------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|------------------------------------------------|--------------------------------------------|--------------------------------------------|-------------------------------------|----------------------------------------|
|       | Salle 1                                           | Salle 2                                          | Salle 1                                                   | Salle 2                                  | Salle 1                                                     | Salle 2                                             | Salle 1                                           | Salle 2                                        | Salle 1                                    | Salle 2                                    | Salle 1                             | Salle 2                                |
| 09h30 |                                                   |                                                  | 09:30 - 10:30<br>PILATES<br>SENIORS                       |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            | 09:30 - 10:15<br>EVEIL              |                                        |
| 09h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 10h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 10h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     | 10:15 - 11:15                          |
| 10h30 |                                                   |                                                  | 10:30 - 11:30<br>STRETCHING<br>SENIORS                    |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            | 10:30 - 11:30<br>JAZZ 1<br>ENFANT   | INITIATION 1                           |
| 10h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 11h00 |                                                   |                                                  |                                                           |                                          | 11:00 - 12:00<br>EVEIL<br>INITIATION                        |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 11h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 11h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     | 11:30 - 12:30<br>CLASSIQUE 1<br>ENFANT |
| 11h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 12h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 12h15 |                                                   |                                                  |                                                           |                                          |                                                             | 12:30 - 13:30<br>RENFORCEMENT<br>MUSCULAIRE         |                                                   |                                                |                                            |                                            |                                     |                                        |
| 12h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 12h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 13h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 13h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 13h30 |                                                   |                                                  |                                                           |                                          | 13:30 - 14:30<br>INITIATION 1                               | 13:30 - 14:30<br>INITIATION 2                       |                                                   |                                                |                                            |                                            |                                     |                                        |
| 13h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 14h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 14h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 14h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 14h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 15h00 |                                                   |                                                  |                                                           |                                          | 15:00 - 15:45<br>EVEIL                                      | 14:45 - 15:45<br>CLASSIQUE 1<br>ENFANT              |                                                   |                                                |                                            |                                            |                                     |                                        |
| 15h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 15h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 15h45 |                                                   |                                                  |                                                           |                                          | 15:45 - 16:45<br>CLASSIQUE 2<br>ADO                         | 15:45 - 16:45<br>JAZZ 1<br>ENFANT                   |                                                   |                                                |                                            |                                            |                                     |                                        |
| 16h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 16h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 16h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 16h45 |                                                   |                                                  |                                                           |                                          | 16:45 - 17:45<br>JAZZ 2<br>ADO                              | 16:45 - 17:45<br>HIP HOP COMMERCIAL<br>ENFANT       |                                                   |                                                |                                            |                                            |                                     |                                        |
| 17h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 17h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 17h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 17h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 18h00 |                                                   |                                                  |                                                           |                                          | 17:45 - 18:45<br>JAZZ 3<br>ADOS                             | 17:45 - 18:45<br>JAZZ Déb<br>ADOS                   |                                                   |                                                |                                            |                                            | 18:00 - 19:00<br>CLASSIQUE 2<br>ADO |                                        |
| 18h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 18h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 18h45 | 18:45 - 20:00<br>BROADWAY<br>COMMERCIAL<br>ADULTE | 18:45 - 20:00<br>CLASSIQUE<br>ADULTE<br>Débutant | 19:00 - 20:15<br>JAZZ<br>ADULTE<br>Avancé                 | 19:00 - 20:00<br>PILATES<br>ADULTE       | 19:00 - 20:15<br>CONTEMPORAIN<br>ADULTE<br>Débutant / Moyen | 19:00 - 20:15<br>STREET JAZZ<br>ADULTE              | 19:00 - 20:15<br>JAZZ<br>ADULTE<br>Moyen / Avancé | 19:00 - 20:15<br>CLASSIQUE<br>ADULTE<br>Avancé | 18:00 - 19:00<br>POINTES 1<br>ADO / ADULTE | 18:30 - 19:30<br>POINTES 2<br>ADO / ADULTE |                                     |                                        |
| 19h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 19h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 19h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 19h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 20h00 | 20:00 - 21:15<br>JAZZ<br>ADULTE<br>Débutant       | 20:00 - 21:15<br>CLASSIQUE<br>ADULTE<br>Moyen    | 20:15 - 21:30<br>CONTEMPORAIN<br>ADULTE<br>Moyen / Avancé | 20:15 - 21:15<br>BARRE A TERRE<br>ADULTE | 20:15 - 21:30<br>CLASSIQUE<br>ADULTE<br>Moyen - Avancé      | 20:15 - 21:30<br>JAZZ<br>ADULTE<br>Débutant / Moyen | 20:15 - 21:15<br>PILATES Petits<br>matériels      | 20:15 - 21:15<br>BARRE A TERRE<br>ADULTE       |                                            |                                            |                                     |                                        |
| 20h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 20h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 20h45 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 21h00 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 21h15 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |
| 21h30 |                                                   |                                                  |                                                           |                                          |                                                             |                                                     |                                                   |                                                |                                            |                                            |                                     |                                        |

|           |             |              |         |             |         |               |                    |            |              |
|-----------|-------------|--------------|---------|-------------|---------|---------------|--------------------|------------|--------------|
| CLASSIQUE | MODERN'JAZZ | CONTEMPORAIN | HIP HOP | STREET JAZZ | PILATES | BARRE A TERRE | EVEIL / INITIATION | STRETCHING | RENFORCEMENT |
|-----------|-------------|--------------|---------|-------------|---------|---------------|--------------------|------------|--------------|