

Horaires des différentes disciplines sportives de l'ASVALVE 2017/2018

+ YOGA le lundi à 20h30 et le mardi à 20h00 (à l'école)

	LUNDI (Foyer rural)	MARDI (Ecole)	MERCREDI (Foyer rural)	JEUDI (Ecole)	VENDREDI (Ecole)
13h-14h <small>13h30</small>			Danse Modern'Jazz (1h) 9 - 11 ans		
14h-15h <small>14h30</small>			Danse Modern'Jazz (1h) 7- 8 ans		
15h-16h <small>15h30</small>			Danse Modern'Jazz (45 min) 4 - 7 ans		
16h-17h <small>16h30</small>			Zumba Kids (45 min)		
17h-18h <small>17h30</small>		Danse Modern'Jazz (1h) 12- 15 ans			
18h-19h <small>18h30</small>			ZUMBA Fitness (1h)		Strong by Zumba 30'
19h-20h <small>19h30</small>			STEP pro (30 min)		ZUMBA Fitness (1h)
20h-21h <small>20h30</small>	STEP (45 min) FACT (30 min)		POUND (30 min) Strong by Zumba 30'	POUND (30 min) FACT (30 min)	FACT (30 min)
21h-22h <small>21h30</small>			ZUMBA Fitness (1h)	Danse Ado-Adulte (1h)	