



SCHEDULE

January 2023 - Recreative

HIPHOP

Beginner	Monday	6pm - 7pm	7-10
Beginner	Monday	8pm - 9:15pm	Adulte
Intermediate	Tuesday	5:45pm - 7pm	7-10
Initiation	Friday	5:30pm - 6:30pm	5-6
Beginner	Friday	6pm - 7pm	11+
Initiation	Saturday	12pm - 1pm	5-6
Beginner	Saturday	1pm - 2pm	7-10

CONTEMPORAIN / CONTEMPORARY

Beginner	Monday	6pm - 7pm	7-10
Beginner	Monday	7pm - 8pm	11+
Beginner / Intermediate	Tuesday	8:15pm - 9:15pm	Adulte
Intermediate	Thursday	6pm - 7:15pm	7-10
Intermediate	Thursday	7pm - 8:15pm	11+
Initiation	Saturday	12pm - 1pm	5-6

BREAK

Beginner	Wednesday	6:15pm-7:15pm	7+
Intermediate	Wednesday	7:15pm-8:15pm	7+

BALLET / POINTES

Intermediate / Advanced	Thursday	6pm - 7pm	12+
Intermediate / Advanced	Thursday	7pm - 8pm	12+
Beginner	Saturday	11am - 12pm	5-7
Beginner / Intermediate	Saturday	9am - 10am	8+

ACRO

Beginner	Saturday	10am - 11am	7 et +
Intermediate	Saturday	1pm - 2pm	7 et +

JAZZ

Beginner	Tuesday	7pm - 8pm	11+
Beginner	Thursday	6pm - 7pm	7+
Beginner	Thursday	8:45pm - 10pm	Ados/Adultes
Initiation	Saturday	9am - 10am	5-6



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MULTI-DANSE

Beginner / Intermediate	Saturday	11am - 12pm	5-7
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DANSES LATINES

Silver	Monday (Solo, without partner)	7pm - 8pm	Ados / Adultes
Beginner / Intermediate	Sunday	11am - 12pm	Adulte
Beginner	Sunday	12pm - 1pm	Ados/Adultes

INITIATION À LA DANSE / INITIATION TO DANCE

Initiation	Tuesday	5:30pm - 6:15pm	3-4
Initiation	Saturday	9am - 9:45am	3
Initiation	Saturday	10am - 10:45am	4

ZUMBA

All levels	Thursday	7:15pm - 8:15pm	Ados / Adultes
All levels	Tuesday	7:15pm - 8:15pm	Ados / Adultes