

| JOURS | HEURES | COURS | GROUPE D'ÂGE | |
|-------------|---|---------------------|--------------------------|--|
| Lundi | 12.30-13.15 | Body-Shape | | |
| | 17.00-18.00 | Hiphop- Break 1 | Enfants | |
| | 18.00-19.15 | Jazz B-M | Adolescents | |
| | 19.15-20.15 | Zumba/Dancehall | Adultes/Ado | |
| | 20.15-21.30 | Jazz A | Adultes/Ado | |
| | 2ème LIEU: KIESER TRAINING (HOWALD) | | | |
| | 19.45-21.00 | Ballet-Jazz D ** | Adultes/Ado | |
| Mardi | 14.15-15.30 | Jazz- Ballet 4 | 9-12 | |
| | 15.30-16.45 | Jazz-Ballet 2 | 8-11 | |
| | 16.45-18.00 | Jazz M | 11-14 | |
| | 18.00-19.00 | Hip-Hop D | Adolescents | |
| | 18.00-19.00 | Pilates | | |
| | 19.00-20.00 | Ballet M | Adultes/Ado | |
| | 20.00-21.15 | Jazz M | Adultes/Ado | |
| Mercredi | 12.30-13.15 | Zumba ** | Adultes/Ado | |
| | 18.00-19.00 | Break M | Adolescents | |
| | 18.30-19.45 | Jazz A | Adultes/Ado | |
| | 19.45-21.00 | Jazz D-M | Adultes/ado | |
| | 2ème LIEU : KIESER TRAINING (HOWALD) | | | |
| | 18.15-19.15 | Latin | Adultes/Ado | |
| | 19.15-20.00 | Barre à terre | Adultes/Ado | |
| 20.00-21.00 | Ballet I | Adultes/Ado | | |
| Jeudi | 12.30-13.15 | Pilates | | |
| | 14.15-15.00 | Pre Ballet | 3-5 | |
| | 15-05-16.00 | Ballet 1 | Open | |
| | 16.00-17.15 | Ballet 2-3 | 9-12 | |
| | 17.15-18.30 | Jazz M | 11-14 | |
| | 18.30-19.30 | Dancehall | Adultes/Ado | |
| | 19.00-20.15 | Ballet A | Only if confirmed by Moa | |
| 20.15-21.30 | Contemporary Jazz A | Adultes/Ado | | |
| Vendredi | 16.45-17.45 | Break & Hip-Hop D-M | 10-13 | |
| | 17.45-18.45 | Break & Hip-Hop D | 7-9 | |
| | 18.45-19.45 | Break dance M | Adolescents | |
| | 18.00-19.00 | Pilates ** | | |
| | 19.45-21.00 | Jazz M-I | Adultes/Ado | |
| Samedi | 9.25-10.10 | Pre-Ballet | 3-4 | |
| | 10.15-11.00 | Ballet 1 | 4-5 | |
| | 11.05-12.00 | Ballet 1-2 | 6-7 | |
| | 12.00-13.00 | Hip-Hop 1-2 | 6-9 | |
| | 13.00-14.00 | Hip-Hop M | 10-12 | |
| | 14.00-15.00 | Hip-Hop D-M | Ado/Adultes | |
| | 2ème LIEU : KIESER TRAINING (HOWALD) | | | |
| | 9.40-10.25 | Pre-Ballet ** | 4-6 | |
| | 9.40-10.25 | Barre à terre | Adultes/Ado | |
| | 10.30-11.45 | Ballet | Open | |
| 11.45-13.00 | Jazz I | Adultes/Ado | | |

D=Débutant M=Moyen I= Intermédiaire A=Avancé ** cours prévu pro

| PROFESSEURS |
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| Joëlle |
| Mamadou |
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| Mamadou |
| Tania |
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| Moa |
| Joelle |
| Corinne |
| Tania |
| Mamadou |
| Joëlle |
| Moa |
| Moa |
| |
| Mamadou |
| Tania |
| Paola |
| |
| Moa |
| Moa |
| Moa |
| Joëlle |
| Corinne |
| Jovi |
| Moa |
| Tania |
| Mamadou |
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| Moa |
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| Moa |
| Mamadou |
| Mamadou |
| Mamadou |
| Joelle |
| Paola |
| Corinne |
| Corinne |
| Corinne |
| Chiara |
| Chiara |
| Mamadou |
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| Moa |
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chainement JazzEx se ré: