



SESSION DU 22 JUIN AU 28 JUIN

latingroove.ca 514.927.2572

1184 ste. Catherine O.

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE		LÉGENDE:
						ZUMBA S ANDREA	ZUMBA S ANDREA	12h15	C = COUPLES SEULEMENT PAS DE CHANGEMENT DE PARTENAIRE / NO SWITCHING PARTNERS
						STRETCHING ***	STRETCHING ***	13h15-13h45	
						FULL BODY WORKOUT S AMANDINE	FULL BODY WORKOUT S AMANDINE	13h45	S = SOLO PAS BESOIN DE PARTENAIRE NO PARTNER NEEDED
						CHANGE-OVER	CHANGE-OVER	14h45-15h	
						BACHATA 1 JESUS S & C	BACHATA 4 C CARLOS	15h	
						CHANGE-OVER	CHANGE-OVER	16h-16h15	STRETCHING *** APPORTEZ VOS TAPIS / BRING YOUR OWN MATS
						SALSA 1 S & C JESUS	SALSA 4 C CARLOS	16H15	
					CHANGE-OVER	CHANGE-OVER	17h15-17h30		
17h-17h30	G R O O V Y NO SWITCHING / PAS DE CHANGEMENT DE COUPLES								COURS PERSONNALISÉS DISPONIBLES DANSE ET FITNESS *** PERSONALIZED DANCE AND FITNESS CLASSES ON DEMAND
17h30	SALSA S LADY STYLING NATALIE	ZUMBA S ANDREA	FUNKY SALSA FOOTWORK S WALTER F	BACHATA FOOTWORK S ISSAM	BACHATA TRICKS C RAPHAEL	BACHATA 2 C JESUS	KIZOMBA 1 C ISSAM	17h30	
18h30-18h45	CHANGE-OVER	STRETCHING ***	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	18h30-18h45	
18h45	SALSA 1 S & C CRISTINA	KIZOMBA 1 C SINKER	HIP HOP / REGGAETON S WALTER F	SALSA S FOOTWORK & TURNS ISSAM	SALSA 5 C RAPHAEL	SALSA 2 C JESUS	BACHATA S FOOTWORK ISSAM	18h45	
19h45-20h	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER	19h45-20h	
20h	BACHATA 1 CRISTINA S & C	KIZOMBA 2 C SINKER	SENSUAL C BACHATA (ADV.)	CUBAN SALSA C ISSAM	BACHATA 5 C RAPHAEL	BACHATA 3 C CARLOS	SALSA S FOOTWORK & TURNS ISSAM	20h	
21H-21H15	CHANGE-OVER	CHANGE-OVER	CHANGE-OVER						
21h15	SAMBA S CRISTINA	SALSA 3 C CARLOS	HEELS S NATALIE						