

Cours de danses & yoga

SCHEDULE 2024-2025



MONDAYS

MODERN JAZZ & LADYSTYLING

FITCOACHING
STUDIO

19H30 > 20H30 MODERN JAZZ | UNLEASH YOUR INNER DANCER OPEN LEVEL
20H30 > 21H30 LADYSTYLING FUSION OPEN LEVEL



TUESDAYS

AFRO DANCES

FITCOACHING
STUDIO

19H45 > 20H45 AFROFIT OPEN LEVEL
20H45 > 21H45 AFRO DANCES INTERMEDIATE



KIZOMBA FUSION / URBAN KIZ

19H00 > 20H00 ABSOLUTE BEGINNERS
20H00 > 21H00 IMPROVERS
21H00 > 22H00 INTERMEDIATE / ADVANCED
22H00 > 23H00 FREE PRACTICE



WEDNESDAYS

HIP-HOP & AFRO DANCEHALL

FITCOACHING
STUDIO

18H30 > 19H30 HIP-HOP INTERMEDIATE
19H30 > 20H30 AFRO DANCEHALL ADVANCED



URBAN KIZ SHOW TEAM

20H30 > 21H30 ADVANCED ONLY



THURSDAYS

KIZOMBA FUSION / URBAN KIZ

GRIZZLY
RIVES DE CLAUSEN

19H00 > 20H00 IMPROVERS
20H00 > 21H00 ABSOLUTE BEGINNERS
21H00 > 22H00 INTERMEDIATE
22H00 > 1H00 KIZOMBA PARTY WITH RESIDENT DJs



FRIDAYS

AFRO DANCEHALL

FITCOACHING
STUDIO

19H00 > 20H00 OPEN LEVEL



SATURDAYS

AFRO DANCES

FITCOACHING
STUDIO

11H15 > 12H15 AFROKIDS 6-12 YEARS OLD
12H15 > 13H15 SWAGGA DANCE-FIT OPEN LEVEL



SUNDAYS

YOGA

FITCOACHING
STUDIO

16H45 > 18H00 YOGA VINYASA & RELAXATION OPEN LEVEL



17B, RUE DES BAINS
L-1212 LUXEMBOURG-CENTRE

FITCOACHING
STUDIO

30, RUE DE L'INDUSTRIE
L-8069 LUXEMBOURG-STRASSEN



5, RIVES DE CLAUSEN
L-2162 LUXEMBOURG-CLAUSEN