

Ballet

Frédéric LAZZARELLI
From National Opera of Mexico
all classes are played on piano
www.dansefredericlazzarelli.fr

Mo : 7pm ■ P
Tu : 9.30am ① ② 7pm ①
We : 7pm ■ P
Th : 9.30am ① 7pm ②
Fr : 9.30am ① ② 7pm ■▲
Sa : 2pm ■▲ 6pm ①
Su : 9.30am ① 11am ②

Ghislain de COMPREIGNAC
Ex-solist from Ballet du Nord (State certified)
private classes 06 51 21 37 30
www.paris-marais-dance-school.org

Mo : 9.30am ● 11am ▲ 3.30pm ■ (+ teens)
Tu : 11am ▲ 3.30pm ■ (+ teens)
8.30pm ●
We : 9.30am ● 11am ▲ 5.30pm ■
Th : 11am ▲ 3.30pm ■ (+ teens)
Fr : 11am ▲ 3.30pm ■ (+ teens)
8.30pm ●
Sa : 9.30am all (+ teens)

Daniella RAJCHMAN
Tu 11am ● (basic steps)
We : 8.30pm ● (basic steps)
Th : 11am all
Fr : 11am ● (basic steps)
Sa : 12.30pm all (+ teens)

Huguette MASSIN
VOLININE's student
for private classes 06 24 61 43 52
We : 3.30pm ■ (+ teens) + Pointes
Th : 6pm ① ② (+ teens)
Sa : 11.30am ■▲
Su : 12pm ■▲ + 1/2h Pointes (2h)

Béatrice HERBOUT
From Hambourg Opera
www.beatrice-herbout.com
Su : 12.30pm tn 1.30pm ● P(3/4h)

Elisabeth FABLE (State certified)
Mo : 8.30pm ●

Christine DUVEAU
Mo : 12.30pm ② ■ P (+ teens)
We : 10.30am ② ■ P (+ teens)
Sa : 10am ② ■ P (+ teens)

Laurence GEBERT
Mo : 2pm ●
Th : 2pm ●■

Baroque Dance
Edith LALONGER
Tu : 11am all
Su : 11am all

Ballet Floorbarre

Daniella RAJCHMAN
Th : 2pm all Sa : 11am all

Christine DUVEAU
(Kniaseff/Winkelmann)
Mo : 11.30am all (+ teens)
We : 9am all (+ teens)
Fr : 12.30pm all (+ teens)
Sa : 9am all (+ teens)

Béatrice HERBOUT
Su : 11h30all (beatrice herbout method)

Yasna STEVOVICH (Boris Kniaseff)
Ma : 12.30am all Fr : 12.30am all
Sa : 11am all Su : 12.30pm all

Nathalie BOCHENEK (State certified)
(Kniaseff/Winkelmann)
www.paris-marais-dance-school.org

Th : 7pm all (1h)
Fr : 7pm all (1h)
Su : 12h30FloorBarre(1h)+P(1h)

Contemporary Floorbarre

Rozenn JACON 06 12 13 60 70
floor barre + relaxation
Tu : 12.30pm all Th : 12.30pm all

Sylviane NICOLAZZO
Chronologie du mouvement/Gym douce®
www.snicolazzo.fr / 06 81 23 84 14
We : 7.30pm all Th : 2pm all (2h)
Fr : 7.30pm (by Apt)
Sa : 11am all 1pm ● (2h)

Claire SALOMON
www.claresalomon.com
We : 12.30pm all 7pm all
Sa : 12am all

Maggie BOOGAART
Strengthening & Stretching
Mo : 12.30pm all (available pré/post natal)

Nia®

Régine PETIT 06 25 80 73 28
www.danse-ta-vie.com
Th : 12.30pm all Fr : 6pm all

Pilates

Nush SAIHAH 06 62 75 09 88
Tu : 5.50pm all (1h)
Fr : 11.30pm ● (1h) 12.30pm all (1h)

Feldenkrais

Muriel CHALON
We : 6.30pm all Sa : 11am all

Rozenn JACON 06 12 13 60 70
Th : 11am (1h) all

Alexander Technique

Evelyne BONNEAUD
Certified Pilates and Alexander
06 76 20 47 80
Mo : 10am all (1h30) Labile Dance
8pm all (1h) Alexander

Contemporary

Georges GATECLOUD dit BELLECROIX
Martha GRAHAM-based

Tu : 7pm ●
We : 7pm ■
Th : 12.30am ■▲ 7pm ●
Fr : 7pm ■
Sa : 12.30pm ●

Catherine CORDIER
CUNNINGHAM/LIMON-based

Tu : 2pm ▲ 8.30pm ●
We : 12.30pm ●■ 8.30pm ●
Th : 2pm ▲ 5.30pm ■
Fr : 5pm 30 ■▲ 8.30pm ■
Sa : 2pm ■▲ (2h) 4pm ●■ (2h)

Maggie BOOGAART (State certified)
Certified from Martha GRAHAM School
private classes 06 37 90 99 80
www.paris-marais-dance-school.org

Mo : 9.30am ▲★ 2pm ●
Tu : 9.30am ▲★ 7pm ■▲
We : 9.30am ▲★ 12pm ● (+ teens)
Th : 9.30am ▲★
Fr : 9.30am ▲★ 7pm ●

Claire SALOMON
LIMON-Based
www.claresalomon.com

Tu : 7pm ●■ (+ teens)
Sa : 2pm ●■ (+ teens)

Laura GARBY/Melinda MALONE
Danse Libre/Malkovsky
We : 11am all

Krav Maga Self defense

Hervé GONÇALVES
third dan /FEKM-RD
Su : 10am all

Karaté

Eric DELANNOY
fourth dan Shotokan
Th : 6pm all

Gym-Dance

Catherine BOUGEROL D.E
Tu : 1pm all Th : 1pm all

Initiation Dances

Jean Michel FRÉNÉA
Tu : 6.30pm (1h) extra beginners adults

Sophrology/Relaxation

Martine GAY
We : 6.30pm all

Drawing

Françoise JABOUR 06 18 28 65 79
diploma of E.N.S.B.A
Tu : 7.30pm all (2h)

Modern Jazz

MIKAEL
Mo : 12.30pm all Floorbarre 7pm ■▲
Th : 12.30pm all Floorbarre
Sa : 12.30pm all Floorbarre

Anne BEAUCOUSIN New Jazz
www.annebeaucousin.com
Mo : 8.30pm ■▲
Th : 7pm ●■

Vanessa VILLAIN HORTON/ AILEY
06 26 26 05 97 www.vanessa-villain.com
Tu : 19h ●■

Jeannine LORCA Popard technique
Th : 7.30pm all

Pierre-Yves BRIVAL Soul Jazz
Su : 12pm all

Jazz

LALIA Basic Dance
Th : 12.30pm ● (2h) Basic Dance
Sa : 2.30pm ● (2h) Basic Dance

Dance & Fan Feathers

Vivi VALENTINE
Mo : 6.30pm 8.30pm all

Tap

Martine RAVEAUX
Mo : 5.30pm ① 7pm ▲
8.30pm basic steps
Tu : 12.30pm ①
Th : 12.30pm basic steps 6pm basic steps
Fr : 12.30pm ■1+ 2.30pm ▲
5.30pm ■1

Stretching Postural®

Myriam VIGUIÉ 06 08 46 30 97
JP. MOREAU's method
Tu : 1.30pm all

Holistic movements

Myriam VIGUIÉ 06 08 46 30 97
EHRENFRIED's method
Tu : 12.30pm all
We : 10.30am all
Th : 1pm all

Stretching Yoga

Tina ESPOSITO
06.11.64.79.28
AFMDC diploma
Mo : 6pm all (1h) relax-recovery
Tu : 6.30pm all (1h)
Th : 11am all relax-recovery 6.30pm all
Sa : 3.30pm all 5pm all

Funk Jazz Hip Hop

Anne BEAUCOUSIN
www.annebeaucousin.com
Mo : 7pm ② ■ Urban R'n'B Jazz

Mia FRYE
Street Jazz/Hip Hop Flow
www.miafrye.com 06.07.70.85.94
Mo : 5pm ■ (2h) 8.30pm ■ (2h)
Tu : 5pm ■ (2h)
We : 5pm ■ (2h) (Teens/12 years and+)
Th : 5pm ■ (2h) 8.30pm ■ (2h)
Sa : 5pm ■▲ (2h30)

Steffi SESSION
www.steffisession.com / www.ladyshock.fr
Mo : 7pm ●■ Ladyshock in heels (Laury)
We : 7.30pm ●■ Ladyshock in heels

JP CHANDLER
Mo : 8.30pm all Street Jazz heels Beyoncé Style
Tu : 8.30pm all Street Ragga Hip-hop
We : 8.30pm all Street Jazz heels Beyoncé Style
Sa : 5pm ● Street Jazz heels Beyoncé Style
6.30pm all Street Ragga Hip-hop

HAWA
Booty Therapy® by Maimouna
We : 7pm all (+ teens) Afrobeat Twerk

PEGGY
Booty Therapy® by Maimouna
We : 8.30pm all (+ teens) Booty Burlesque

Mikael BILIONNIÈRE
Cie Frank II Louise / www.cours-hip-hop.fr
Tu : 7pm ●■ Ragga Dance Hall
Sa : 4.30pm ■ Hip Hop (+ teens)
6.30pm ●■ Hip Hop
Valérie STEINER / 06 52 04 77 03
Tu : 8.30pm ● Latin' Pop Dance

Krees SAMA
Fr : 8.30pm Hip Hop New Style

Charlotte BARET Street Talons
Th : 5.30pm all

Modern Street®

Cathia CONRATH
Sa : 11.30am ●■ (+teens) (2h)

Tango Argentin

Lia NANNI 06.10.24.15.62
Mo : 8.30pm ●■
Th : 7.30pm basic steps 8.30pm ●
Fr : 7pm basic steps
Su : 10.30am ● 12pm ▲
SUKY 06 12 79 35 17
Sa 12pm ●■

Character dance

Krystia KARLYK
Moisseiev technique
Mo : 7pm ● (Slavic)
Th : 12.30pm all (gypsy)
Fr : 12.30pm ■▲ (Slavic)

Rock'n Roll

Patricia ALFONSI
06 08 85 32 76
Mo : 8.30pm ●
Th : 8.30pm ●■

Lalia MEDERREG 06 63 62 20 61
Mo : 7pm ●
We : 7.30pm ● 20h30 ●■

SOIR de BAL 06 67 15 85 36
Tu : 6pm ●
Sa : 2pm ● (1h10) 3.15pm ●■ (1h15)

Ballroom Dancing

SOIR de BAL 06 67 15 85 36
Waltz, Tango, Paso Doble, Cha Cha-Cha
Mo : 6pm ● 7pm ●■ 8.30pm ■
Tu : 2pm ● (1h10) 3.15pm ●■ (1h15)
7.30pm ● 8.30pm ■▲
Sa : 5pm ● 6pm ●■ 7pm ■

SUKY 06 12 79 35 17
Rock, Tango, Latino
www.coursdedanse-suky.com
Th : 7pm ● 8.30pm ■▲
Sa : 11am ■▲ 1pm ●

Patricia ALFONSI 06 08 85 32 76
www.alfonsidanse.com
Mo : 7.30pm ● (1h)

Samba

Alex LIMA
Mo : 12.30pm all (Samba)
Tu : 8.30pm all (Samba/brazilian Dances)
Th : 7pm ▲ (Samba/brazilian Dances)

Salsa

Jean-Claude SITHER
Cuban Salsa 06 11 96 06 37
Tu : 8.30pm ● Salsa
Sa : 2pm ● Salsa
3.30pm ●■ Bachata

LATINAMOR 06 62 54 21 24
Puertorican Salsa on 1
Mo : 8.30pm ●
We : 8.30pm ●■

Maritza ARIZALA
06 88 06 78 70 Colombian Salsa
www.maritza-arizala.com
We : 7pm ● 8.30pm ■
Fr : 7.30pm ●

Alex LIMA 06 09 34 12 45
Salsa on 2/Shines & Couples
Th : 8.30pm ●

Dances of Israël

HORAOR
Tu : 12.30pm ● 1.45pm ■

African
Ana CAMARA
 Th : 8pm ●
 Sa : 3.30pm ■
 Su : 12.30pm all

CORA
 Th : 8.30pm all
 Sa : 2pm all (+ Teens)

Afro-Jazz
Kathy MANYONGO
 Fr : 7pm all

Afro-Cuban
Daniela GIACONE
 Sa : 1pm all

Modern Afro-Brazilian
Jean-Michel FRENEA
 Eneida Castro's method
 Tu : 8pm all

Indian Dance
MANJULA
 06.47.88.90.47
 Sa 12pm all Bharatanatyam
 6pm ● Bollywood

Balinese Dance
Ilse PERALTA
 Sa : 5pm all dance + yoga

Qi Gong
Laurence CORTADELLAS
 diploma of FAEQG
 We : 1pm all GiGong NeiGong Meditation
 Th : 1pm all GiGong NeiGong Meditation

Functional Integration®
Dada OTTONELLO
 Senior Feldenkrais teacher
 private classes by Apt 06 84 86 73 09
 Traumas / pains / coaching artists

Flamenco
Patricio MARTIN
 cours-de flamenco.fr
 Mo : 12.30pm ■ 1 7pm ● (1h)
 Tu : 3.30pm ■ 1 4.30pm ■ 2 ▲
 We : 7pm ● 8pm ■ 1
 Th : 2pm ● 3pm ■ 1
 Sa : 3.30pm ■ 1 4.30pm ■ 2 ▲
 Su : 2pm ● 3pm ■ 1

Belly Dancing
Leila HADDAD 06 86 08 68 75
 www.leilahaddad.com
 Tu : 12.30pm ■
 Th : 7pm ■ ▲
 Fr : 7pm ●

Fatima CHEKKOR 06 20 16 32 71
 We : 6.30pm ● ■ 7.30pm ■ ▲
 Su : 12.30pm ● ■ (2h)
ZIZOU Egyptian Dance
 06 60 85 22 93
 Sa : 5.30pm ● ■ 7pm ■ ▲

Yoga
Dominique CHERER Hatha-Yoga
 Tu : 6pm all
 Su : 10.30am all

Chris LAURION Vinyasa-Yoga
 www.yoga.paris-danse.com
 Mo : 11am all
 Tu : 7.30pm dynamic
 Sa : 1.30pm Basic yoga

Magda CARRERA 06 23 29 78 74
 Ashtanga dynamic
 Mo : 12.30pm all
 Th : 7.30pm all

Aloys BERDOLL Hatha-Yoga
 www.yogalloys.com
 Tu : 12.30pm all
 Th : 7pm all
 Sa : 10am all

Corinne VERDIÉ Hatha-Yoga
 Tu : 7.30pm all
 Su : 9am all

Jean TAMALET 06 10 87 34 67
 Vinyasa-Yoga
 Tu : 12.30pm (1h) all
 Th : 12.30pm (1h) all
 Su : 6.30pm all

Marie-Rose POUJARDIEU
 www.yogaparisreiki.com
 Hatha-Yoga and Tibetan Bowls
 We : 12.30pm all (1h)

Harmonic Gym
Jeannine LORCA
 Popard technique
 Tu : 9.45am all 11am all 7pm all

Gym 'n Stretch
Elisabeth FABLE
 Mo : 7.30pm all gym'n stretch
 Tu : 12.30pm all stretch
 We : 8.30pm all gym'n stretch

Muriel CHALON
 physiotherapist
 Sa : 10am all focus on back movements

Dana MUSSA
 www.ethnoballet.com
 Su : 12pm all stretching

Osteopathy
Elise VALLET 01 48 07 09 72
 by appointment / www.osteoparis11.com
 emergency, kids, adults, sports

Acting
Thierry BROUT
 06 64 71 93 47 Classic/Modern
 Tu : 8pm ● (2h)
 We : 7.30pm ▲ (2h)

Hervé-Claude ILIN 06 24 20 53 49
 Voice, Body, Classic, modern, Impro
 FRA-ENG-ESP-IT hclin@hotmail.fr
 Mo : 8pm all (2h) Tu : 8pm all (2h)
 We : 8pm all (2h) Th : 8pm all (2h)

Nikola PARIENTY
 06 09 65 29 89
 acting/ presence on stage
 We : 7pm all (3h)

Simon de GLINIASTY
 Théâtre/actor play /scenes
 06 15 94 22 65
 Su : 6pm all (2h) (+teens)

Vincianne REGATTIERI
 06.10.45.78.07
 body language/pulic speaking/voice
 impro/ moderne & classic scenes
 Mo : 8.30pm all (2h)
 Tu : 8.30pm all (2h)

Joseph LAURENT 06 14 14 89 95
 joseph_laurent@hotmail.com
 Theater / cinema, improv, articulat °
 Project °, feelings / sincerity
 Th : 8pm ■ ▲ (2h) (+teens from 16 years old)

Mime
Agnès DELACHAIR
 06.73.73.13.79
 Tu : 9.30am (3h) level 1 ●
 Th : 9.30am (3h) level 2 ▲

Piano private classes
Eric SABOURIN 03 86 54 41 66
 certified from Ecole Normale
 Wednesday/thursday by apt kids/ adults

Maria SILVESTRINI 06 64 02 42 49
 Conservatory G.Verdi of Milan
 piano lessons /singers musical support

Bruno BARBIER 06 51 14 38 46
 piano jazz, blues, latin, pop, rock
 musical support for all kind of singers

Guitar
Denis JANODY 06 84 21 66 90
 Wednesday/thursday by apt kids/ adults

Choir
 Choir of pop music
Anne FREDERICK
Back in September 2019
 06 70 06 74 44

Caroline FABER and LANNA
 «CANTO DO MARAIS»
 Choir of Brazilian music
 Su : 6.30pm all 06 11 12 04 84

Mehdi BOURAYOU/Lauri LUPI
 «SI ON CHANTAIT»
 06 63 04 66 97/06 84 23 05 06
 Mo : 7.30pm-9.30pm all Jazz, Pop, Rock

Singing
Sélima AL KHALAF
 international pop music - world music
 pc by Apt 06 35 79 60 93
 Th : 7.30pm ● 8.30pm ●

Albert ASSAYAG 06 14 62 62 63
 international pop music/jazz
 monday & saturday by apt

Anne FREDERICK 06 70 06 74 44
 songs,public speaking,diction
Back in September 2019

Patricia SAMUEL
 06 09 59 40 01
 Opera and Musical Theater by Apt

Armande ALTAÏ 06 30 37 64 62
 Fr : 4pm -10pm ▲ 1st friday of the month
 Sa : 3pm to 5.30pm ● ■

Jane GASMAN (USA)
 06 83 26 13 29
 Jazz, Blues, Rock and pop By Apt

Lydie DIAZ
 06 62 78 43 38/ Pop
 Tu : 7.30pm all
 Sa : 11.30am all

Nancy CARROLL(Montreal)
 06 99 17 39 91
 Soul/Pop By apt

Margitta ROSALES 06 99 17 39 91
 www.atelier.lyrique.com
 classic vocal tech/presence on stage
 all levels by apt

CENTRE DE DU DANSE MARAIS

2019 SCHEDULE

www.centrededansedumarais.fr

Membership is required to enter the Centre : 12 euros
 (membership starts on the purchase day for one year /non-refundable)
 (go to our website for member discounts)

*Class fee is payable directly to the teacher
 (average prices for dance classes)
 1 class : 20 euros
 4 classes : 70 euros
 8 classes : 110 euros
 12 classes : 155 euros

*PASS 5 classes for 5 different teachers :
 75 euros (available at the front desk)
 not for theater, singing, music classes and sunday workshops
 non-refundable

legend

- beginner ●
- beginner/inter ●■
- intermediate ■
- inter/advanced ■▲
- advanced ▲
- professional ★
- all levels all
- pointes P
- pc private classes

41 rue du Temple - 75004 PARIS
 Phone : 01 42 77 58 19
 Subway Station : Hôtel de Ville/Rambuteau
 Front desk: centrededansedumarais@yahoo.fr