

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h15PracticeLOUISE	08h00Morning Pole Niv. 1/2MELISA	08h00Morning Pole Niv. 1/2LOLA	10h15PracticeLOUISE	08h00Morning Pole Niv. 1ANITA	10h15PracticeEVAN	10h00PracticeEVAN
11h15PracticeLOUISE	08h00Cerceau Niv. 1VIOLETTE	09h00Morning Pole Niv. 1/2LOLA	11h15PracticeLOUISE	09h00Morning Pole Niv. 1/2ANITA	11h30-12h30Slink Slow Niv. 1/2KATANA	11h00Pole Dance Niv. 2ANITA
12h15Pole Dance Niv. 1/2ANITA	09h00Morning Pole Niv. 1/2MELISA	10h30PracticeLOUISE	12h15Pole Dance Niv. 2/3/4MARIE ROSE	10h30PracticeLOUISE	12h30-13h45Spinning in Heels Niv. 2/3/4KATANA	12h00Pole Dance Niv. 3/4ANITA
12h30PilatesLÉA	09h00Cerceau Niv. 1/2VIOLETTE	11h30PracticeLOUISE	12h30PilatesADELIA	11h30PracticeLOUISE	12h30PilatesPROSPÉRINE	12h00Pole Dance Niv. 3/4ANITA
12h30Body SculptALÉNA	10h30PracticeLOUISE	12h30Pole Dance Niv. 1MELISA	12h30Body SculptALÉNA	12h30PilatesPROSPÉRINE	12h30Pole Dance Niv. 1ANITA	13h30Pole Dance Niv. 1ANITA
12h30VinyasaANA	11h30PracticeLOUISE	12h30PilatesROXANE	12h30SouplesseMARINE	12h30Pole Dance Niv. 1ANITA	13h45-15h00Pole Dance Niv. 3/4JESSIE	14h30SouplesseDIANA
12h30VinyasaANA	12h30VinyasaDEEPU	12h30Buti WorkoutLÉA	12h30SouplesseMARINE	12h30Pole Dance Niv. 1ANITA	13h45-15h00Pole Dance Niv. 3/4JESSIE	13h30Pole Dance Niv. 1ANITA
14h00PracticeLOUISE	12h30Pole Dance Niv. 1ANITA	12h30Power VinyasaMEHDI	14h00PracticeLOUISE	12h30VinyasaLUDIVINE	14h15FlexibilityDIANA	14h30SouplesseDIANA
15h00PracticeLOUISE	12h30Souplesse & AlignementÉLODIE	12h30PracticeLOUISE	15h00PracticeLOUISE	12h30SouplesseJESSIE	14h15FlexibilityDIANA	14h30SouplesseDIANA
16h00PracticeLOUISE	14h00PracticeLOUISE	14h00PracticeLOUISE	15h00PracticeLOUISE	12h30SouplesseJESSIE	15h00Pole Dance Niv. 2/3JESSIE	15h00PracticeSÉVERINE
17h00Pole Dance Niv. 1/2JAMAL	15h00PracticeLOUISE	15h00PracticeLOUISE	16h00PracticeLOUISE	14h00PracticeLOUISE	15h00Pole Dance Niv. 2/3JESSIE	15h00PracticeSÉVERINE
18h15Pole Dance Niv. 2JAMAL	16h00PracticeLOUISE	16h00PracticeLOUISE	17h00PracticeLOUISE	15h00PracticeLOUISE	16h15Pole Dance Niv. 1ÉLODIE	16h00PracticeSÉVERINE
18h30Souplesse & AlignementCAROLINE	17h00PracticeLOUISE	17h00PracticeLOUISE	17h30Free StyleÉLODIE	16h00PracticeLOUISE	16h15Pole Dance Niv. 1ÉLODIE	16h00PracticeSÉVERINE
18h30VinyasaDEEPU	18h30Pole Dance Niv. 1MELISA	18h30SplitSÉVERINE	18h30Pole Dance Niv. 2/3 (1h)ÉLODIE	17h00PracticeLOUISE	16h15Pole Dance Niv. 1ÉLODIE	16h00ChainsJULIA
18h30Barre au solWILLIAM	18h30Cerceau IJAMAL	18h30Heels PolePAULINE	18h30SouplesseCAROLINE	18h30SouplesseÉMILIE	16h15Cerceau IÉLODIE FILIN	16h00ChainsJULIA
19h30Pole Dance Niv. 3/4ANITA	18h30PilatesCYNTHIA	18h30VinyasaDEEPU	18h30Pilates FusionPROSPÉRINE	18h30VinyasaDEEPU	16h30FlexibilityJESSIE	17h00Pole Dance Niv. 1JAMAL
19h30Cerceau IIELODIE	18h30Body SculptADELIA	19h30Pole ChoréCASSANDRE	18h30Split PartyMARINE	18h30Pole Dance Niv. 3/4CAROLINE	17h15Pole Dance Niv. 1ÉLODIE	17h00Body Challenge (1h30)SÉVERINE
19h30Back Bend PartySÉVERINE	19h30Pole Dance : Sexy WorkMELISA	19h30PilatesPROSPÉRINE	19h30Pole Dance Niv. 2MELISA	19h30Cerceau InitiationINÈS	18h15Pole Dance Niv. 1LUCILLE	18h00Pole Dance Niv. 2JAMAL
20h45Pole Dance Niv. 2ANITA	19h30Souplesse & AlignementHELEN	19h30Cerceau InterPAULINE	19h30SouplesseCAROLINE	19h30Barre au solWILLIAM	19h15Pole InitiationLUCILLE	19h15Cerceau Tous NiveauxMONICA
	19h30Circus Arm BalanceSÉVERINE	19h30Back BendSÉVERINE	19h30Cerceau InitiationGARANCE	19h30Pole Dance Niv. 2/3CAROLINE	19h15Pole InitiationLUCILLE	19h15Cerceau Tous NiveauxMONICA
	19h30Pilates BarreADELIA	20h30Pole Dance Niv. 3ÉLODIE	20h30HandstandCÉDRIC	20h30Cerceau Niv. 2/3GARANCE	20h15Pole NightLUCILLE	19h15Pole Dance Niv. 1/2JAMAL
	20h30Sensual FloorworkHELEN	20h30Pole ChoréCASSANDRE	20h45Pole Dance : Sexy WorkMELISA	21h00Friday NightESTELLE		