



LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10h15 PRACTICE	08h00 Morning Pole – Niv. 1/2 Melisa	08h00 Morning Pole – Niv. 1/2 Lola	10h15 PRACTICE	08h00 Morning Pole – Niv. 1 Anita	10h15 PRACTICE Evan	10h00 PRACTICE Evan
11h15 PRACTICE	08h00 Cerceau – Niv. 1 Violette	09h00 Morning Pole – Niv. 1/2 Lola	11h15 PRACTICE	09h00 Morning Pole – Niv. 1/2 Anita	11h30 Slink Slow – Niv. 1/2 Katana	11h00 Pole Dance – Niv. 2 Anita
12h15 Pole Dance – Niv. 1/2 Anita	09h00 Morning Pole – Niv. 1/2 Melisa	10h30 PRACTICE	12h15 Pole Dance – Niv. 2/3/4 Marie Rose	10h30 PRACTICE	12h30 Body Sculpt Camille	12h00 Pole Dance – Niv. 3/4 Anita
12h30 Pilates Léa	09h00 Cerceau – Niv. 1/2 Violette	11h30 PRACTICE	12h30 Pilates Cynthia	11h30 PRACTICE	12h30 Power Vinyasa Mehdi	13h30 Pole Dance – Niv. 1 Anita
12h30 Body Sculpt Aléna	10h30 PRACTICE	12h30 Pole Dance – Niv. 1 Melisa	12h30 Body Sculpt Aléna	12h30 Pilates Prospérine	12h45 Spinning in Heels – Niv. 2/3/4 Katana	13h30 Pole Dance – Niv. 1 Anita
12h30 Vinyasa Ana	11h30 PRACTICE	12h30 Pilates Roxane	12h30 Souplesse Marine	12h30 Pole Dance – Niv. 1 Anita	14h00 Pole Dance – Niv. 3/4 Jessie	13h30 Souplesse Diana
14h00 PRACTICE	12h30 Pilates Léa	12h30 Buti Workout Léa	14h00 PRACTICE	12h30 Vinyasa Ludivine	14h15 Flexibility Diana	15h00 PRACTICE Séverine
15h00 PRACTICE	12h30 Vinyasa Deepu	12h30 Power Vinyasa Mehdi	15h00 PRACTICE	12h30 Souplesse Jessie	15h00 Pole Dance – Niv. 2/3 Jessie	16h00 PRACTICE Séverine
16h00 PRACTICE	12h30 Pole Dance – Niv. 1 Anita	14h00 PRACTICE	16h00 PRACTICE	14h00 PRACTICE	15h00 Pole Dance – Niv. 2/3 Jessie	16h00 Pole Dance – Niv. 1 Jamal
17h00 Pole Dance – Niv. 1/2 Jamal	12h30 Souplesse & Alignement Élodie	15h00 PRACTICE	17h00 PRACTICE	15h00 PRACTICE	15h00 Handstand Mehdi	17h00 Pole Dance – Niv. 1 Jamal
18h15 Pole Dance – Niv. 2 Jamal	14h00 PRACTICE	16h00 PRACTICE	18h30 Hot Freestyle Élodie	16h00 PRACTICE	16h15 Pole Dance – Niv. 1 Élodie	17h00 Body Challenge (1h30) Séverine
18h30 Souplesse & Alignement Caroline	15h00 PRACTICE	17h00 PRACTICE	18h30 Souplesse Caroline	18h30 Souplesse Émilie	16h15 Cerceau – Tous Niveaux Élodie	18h00 Pole Dance – Niv. 2 Jamal
18h30 Vinyasa Deepu	17h00 PRACTICE	18h30 Split Party Séverine	18h30 Pilates Fusion Prospérine	18h30 Vinyasa Deepu	16h30 Flexibility Jessie	19h15 Cerceau – Tous Niveaux Monica
19h30 Pole Dance – Niv. 3/4 Anita	18h30 Pole Dance – Niv. 1 Melisa Cerceau – Tous Niveaux Jamal Pilates Cynthia Body Sculpt Adelia	18h30 Heels Pole Pauline	18h30 Split Party Marine	18h30 Pole Dance – Niv. 3/4 Caroline	17h15 Pole Dance – Niv. 1 Élodie	19h15 Pole Dance – Niv. 1/2 Jamal
19h30 Cerceau – Tous Niveaux Élodie	19h30 Pole Dance : Sexy Work Melisa Souplesse & Alignement Holen Cirque Fitness Séverine Pilates Barre Adella	18h30 Vinyasa Deepu	19h30 Pole Dance – Niv. 2 Melisa	19h30 Cerceau – Niv. 1 Inès	18h15 Pole Initiation Lucille	
19h30 Back Bend Party Séverine	19h30 Pole Dance : Sexy Work Melisa Souplesse & Alignement Holen Cirque Fitness Séverine Pilates Barre Adella	19h30 Pole Choré Cassandre	19h30 Souplesse Caroline	19h45 Pole Dance – Niv. 2/3 Caroline	19h15 Pole Initiation Lucille	
20h45 Pole Dance – Niv. 2 Anita	20h30 Pole Dance – Niv. 1 Élodie	19h30 Pilates Prospérine	19h30 Cerceau – Tous Niveaux Monica	20h30 Cerceau – Niv. 2 Inès	20h15 Pole Night Lucille	
	20h30 Sensual Floorwork Holen	19h30 Cerceau – Tous Niveaux Pauline	19h30 Handstand Cédric	21h00 Friday Night Estelle		
		20h30 Pole Choré Cassandre	20h45 Pole Dance : Sexy Work Melisa			