

TERNES



LUNDI		MARDI		MERCREDI		JEUDI	
8:00	Initiation Pole Dance Diana	10:30	[PRACTICE]	8:00	Pole Dance - Niv.1 Melisa	8:00	Souplesse Diana
9:00	Pole Dance - Niv.1 Diana	11:30	[PRACTICE]	8:00	Flexibility Marine	9:00	Pole Dance - Niv.1 Diana
10:30	[PRACTICE]	12:30	Pole Dance - Niv.1 Marie-Rose	9:00	Pole Dance Sexy Work Melisa	10:30	[PRACTICE]
11:30	[PRACTICE]	14:00	[PRACTICE]	9:00	Souplesse Flow Marine	11:30	[PRACTICE]
12:30	Pole Dance - Niv.1/2 Caroline	15:00	[PRACTICE]	10:30	[PRACTICE]	12:30	Back Bend Séverine
12:30	Body Sculpt Marine	16:00	[PRACTICE]		11:30	[PRACTICE]	12:30
14:00	[PRACTICE]	17:30	Spinning Shape Julia L	12:30	Pole Dance - Niv.2/3 Anita	14:00	[PRACTICE]
15:00	[PRACTICE]	18:30	Pole Cinematic Julia L	14:00	[PRACTICE]	15:00	[PRACTICE]
16:00	[PRACTICE]	19:30	Heels Pole Flow Stanley	15:00	[PRACTICE]	16:00	[PRACTICE]
17:30	Barre au sol William	20:30	Spin in Heels Stanley	16:00	[PRACTICE]		
18:30	Pole Dance - Niv.1 Lola			17:30	Pole Choreo Joy	17:30	Pole Floorwork Séverine
19:00	Vinyasa Diana			18:30	Pole Dance - Niv.1 Anita	18:30	Pole Compétition 1 Farah
19:30	Pole Dance - Niv.2/3 Lola			19:30	Pole Dance Sexy Work Melisa	19:30	Pole Compétition 2 Farah
20:45	Pole Cabaret Garance			20:45	Pole Dance - Niv.2/3 Melisa	20:45	Pole Dance - Niv.2/3 Estelle

TERNES



VENDREDI		SAMEDI		DIMANCHE					
8:00	Pilates Prospérine	10:00	[PRACTICE]	9:00	[PRACTICE]				
10:30	[PRACTICE]	11:00	Pole Dance Niv.1/2 Caroline	10:30	Pole Dance - Niv.1/2 Melissa L				
11:30	[PRACTICE]			12:15	Pole Dance Niv.2/3/4 Caroline	11:45	Erotic Flow Marie- Rose		
12:30	Pole By Lucille 1/2 Lucille					13:30	Flexibility & Mobility Caroline	12:45	Pole Dance Niv.2/3 Melissa L
12:30	Body Sculpt Marine							14:00	Sexy Heels Pole Melissa L
14:00	[PRACTICE]	16:00	[PRACTICE]						
15:00	[PRACTICE]								
16:00	[PRACTICE]								
17:30	Pole By Lucille 1/2 Lucille			18:00	Initiation Pole Dance Lola				
18:30	Pole Conditioning Elodie	19:00	Initiation Pole Dance Lola						
18:30	Pole Dance Niv.3/4 Butterfly's Studio • Caroline					20:00	[PRACTICE]		
19:30	Pole Dance : Sexy Work Elodie								
20:30	Pole Dance Niv.2/3 Elodie								