POLE STATION
DANCE STUDIO

SCHEDULE
HORAIRE

	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
9.00 - 10.00		STRETCHING		**POLE FIT** INTRO		SENSUAL POLE COMBO 8.45 - 9.45	**POLE FIT** BEGINNER AND INTERMEDIATE 8.45 - 9.45
10.15 - 11.15		**POLE FIT** BEGINNER AND INTERMEDIATE		POLE COMBO	EXOTIC DANCE OPEN LEVEL	**POLE FIT** INTRO 10.00 - 11.00	POLE CONDITIONING 10.00 - 11.00
16.30 - 17.30	**POLE FIT** INTRO	**POLE FIT** BEGINNER			BALLET WORKOUT	**POLE FIT** BEGINNER 11.15 - 12.15	**POLE FIT** INTRO 11.15 - 12.15
17.45 - 18.45	STRETCHING	**POLE FIT** BEGINNER AND INTERMEDIATE	POLE COMBO	EXOTIC DANCE OPEN LEVEL	POLE CONTEMPORARY	EXOTIC DANCE LEVEL I TECHNIQUES 12.30 - 13.30	STRETCHING 12.30 - 13.30
19.00 - 20.00	**POLE FIT** INTERMEDIATE 2 AND ADVANCED	POLE CONDITIONING	**POLE FIT** INTRO	STRETCHING	EXOTIC DANCE LEVEL 2-3		**POLE FIT** INTERMEDIATE 2 AND ADVANCED 13.45 - 14.45
20.15 - 21.15	EXOTIC DANCE LEVEL 2-3 / BASEWORK TRICKS IN HEELS	**POLE FIT** INTRO	**POLE FIT** BEGINNER	POLE CONDITIONING	**POLE FIT** INTERMEDIATE		
21.30 - 22.30							