



# SCHEDULE HORAIRE

	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
9.00 - 10.00		STRETCHING		POLE FIT INTRO AND BEGINNER		POLE FIT BEGINNER 8.45 - 9.45	
10.15 - 11.15		POLE FIT BEGINNER AND INTERMEDIATE	EXOTIC DANCE OPEN LEVEL	POLE COMBO		POLE FIT INTRO 10.00 - 11.00	POLE FIT INTRO 10.00 - 11.00
16.30 - 17.30		POLE FIT BEGINNER	CONDITIONING AND FLEX		STRETCHING	POLE FIT BEGINNER 11.15 - 12.15	STRETCHING 11.15 - 12.15
17.45 - 18.45	STRETCHING	POLE FIT BEGINNER	POLE COMBO	EXOTIC DANCE LEVEL 1	POLE CONTEMPORARY	EXOTIC DANCE LEVEL 1 12.30 - 13.30	BALLET WORKOUT 12.30 - 13.30
19.00 - 20.00	POLE FIT ADVANCED	POLE CONDITIONING	POLE FIT INTRO	STRETCHING	POLE FIT INTERMEDIATE	POLE COMBO IN HEELS 13.45 - 14.45	POLE FIT BEGINNER AND INTERMEDIATE 13.45 - 14.45
20.15 - 21.15	EXOTIC DANCE LEVEL 2-3	POLE FIT INTRO	POLE FIT BEGINNER	POLE CONDITIONING	EXOTIC DANCE LEVEL 2		POLE CONDITIONING 15.00 - 16.00