

NEW	12:15 - 13:00
BODY FLOW	
Cycy	

17:00 - 18:00
Burlesque / Chair dance en alternance
Mégane

18:05 - 19:05
POLE FIRST
Salomé

19:10 - 20:10
POLE SENSATION COMBOS
Nancy

20:10 - 21:10
Burlesque / Chair dance en alternance
Mégane

Mardi

11:00 - 13:00
SALLE LIBRE

17:20 - 18:20
POLE FIRST
Clémentine

18:20 - 19:20
POLE SENSATION
Clémentine

19:20 - 20:20
SOUPLESSE
Ningning

20:20 - 21:20
POLE EMOTION
Ningning

Mercredi

NEW	12:15 - 13:00
ABDOS CARDIO	
Carole M	

17:20 - 18:10
YOGA FLEX&FLOW
Cycy

18:15 - 19:15
POLE EXOTIC
Jessica F

19:25 - 20:25
YOGA THEMATIQUE
Jessica F

20:30 - 21:30
POLE SENSATION
Salomé

Jeudi

17:00 - 18:00
POLE SENSATION/EMOTION
Joelma

18:00 - 19:00
POLE EMOTION/ PASSION
Emmanuelle

19:00 - 20:00
POLE FIRST
Emmanuelle

tous les 15 jours

tous les 15 jours

Vendredi

12:00 - 13:00
YOGA RENFO SOUPLESSE
Sandrine

17:00 - 18:00
POLE EMOTION
Clémentine

18:00 - 19:00
SOUPLESSE
Clémentine

17:45 - 18:45
POLE FLOW Tous niveaux
Ningning

18:45 - 19:45
SOUPLESSE
Ningning

20:00 - 21:00
SALLE LIBRE

Samedi

10:00 - 11:00
JUMP (minitrampoline)
Valérie

11:15 - 12:15
POLE EMOTION
Helena / Fabiola

12:20 - 13:20
PRACTICE
Helena / Fabiola

13:30 - 14:30
PILATES
Ana

Dimanche

11:15 - 12:15
POLE EXOTIC
Cécile

12:20 - 13:20
SOUPLESSE
Cécile

13:30 - 15:30
SALLE LIBRE

