

| | LUNDI | | | MARDI | | | MERCREDI | | | JEUDI | | | VENDREDI | | | SAMEDI | | | DIMANCHE | | | |
|-------|--|------------------------------|---|---|---|--|---|------------------------------------|------------|---------------------------------------|---------|------------|----------------------------------|--|------------|--------|---------|------------|----------|---------|------------|--|
| | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | POLE | AERIENS | FUN & MOVE | |
| 07:00 | | | | | | | | | | | | | | | | | | | | | | |
| 08:00 | | | | | | | | | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | Pole Débutant 12h15-13h30 Yaye | Yoga 12h15-13h30 Marie | Pilates 12h15-13h15 Marie-Clémence | Pole Exotic 12h15-13h30 Marie | Hamac Débutant 12h15-13h30 Vic | Yoga Vinyasa 12h15-13h30 Edith | Pole Deb2/Inter 12h15-13h30 Edith | Cerceau TN 12h15-13h30 Célia | | Pole Exotic 12h15-13h30 Solenne | | | Pole deb 2 12h15-13h30 Vic | Yoga Ashtanga 12h15-13h30 Caroline | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | Pole Initiation 17h30-18h30 1 semaine/2 Adeline | | Stretching Dos/Splits Alt. 17h30-18h30 Chloé | Pole Heels 17h15-18h30 Claire | Hamac stretch/renfo 17h15-18h15 Issa | Street jazz ADOS 17h30-18h30 Andréa | Pole TN 17h - 18h30 Caroline | | | | | | | | | | | | | | | |
| 19:00 | Pole Débutant 18h45-20h15 Adeline | | Stretching Dos/Split Alt. 18h45-19h45 Chloé | Pole Deb2/Inter 18h45-20h15 Juliana | Hamac deb 18h30-20h00 Issa | Street jazz 18h45-20h00 Andréa | Pole Inter/Avancé 18h45-20h15 Marie-Clémence | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | Pole Inter/Avancé 20h30-22h00 Adeline | | | Pole Flow TN 20h30-22h00 Juliana | Hamac TN 20h15-21h45 Issa | Commercial girly 20h15-21h30 Andréa | Pole Deb1/Deb2 20h30-22h00 Marie-Clémence | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | | |

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| | Pole Dance Cours Technique |
| | Pole Dance Cours Choré |
| | Cerceau |
| | Hamac |
| | Tissu |
| | Cours additionnels |
| | Danse |
| | Yoga |
| | Cours Kids |
| | Cours Ados |