

PLANNING

2024-2025

✦ cours adulte débutant

<h2>LUN</h2>	<p>12h15:  POLE DANCE Déb/Inter1 ✦ 12h15:  POLE DANCE Inter2/Avancé</p> <p>18h:  SPORT AERIEN KIDS 6-12ans</p> <p>19h15:  POLE DANCE Déb/Inter1 ✦ 19h15:  POLE DANCE Avancé</p> <p>20h30:  Fascias - Cross Training ✦ ou  POWER YOGA ✦ 1 sem. sur 2</p>
<h2>MAR</h2>	<p>18h:  CERCEAU AERIEN ✦</p> <p>19h15:  POLE DANCE Déb/Inter1 ✦ 19h15:  POLE DANCE Inter2</p> <p>20h30:  CERCEAU AERIEN ✦</p>
<h2>MER</h2>	<p>11h:  SPORTS AERIEN KIDS 6-12ans</p> <p>18h:  POLE DANCE tous niveaux ✦ 18h:  SPORT AERIEN TEEN 13-17ans</p> <p>19h15:  POLE DANCE Déb/Inter1 ✦</p> <p>20h30:  CERCEAU AERIEN ✦</p>
<h2>JEU</h2>	<p>18h:  SPORT AERIEN TEEN 13-17ans</p> <p>19h15:  POLE DANCE Choree-Inter1 19h15:  POLE DANCE tous niveaux ✦</p> <p>20h30:  POLE DANCE tous niveaux ✦ 20h30:  EXOTIC DANCE ✦</p>
<h2>VEN</h2>	<p>12h15:  POLE DANCE tous niveaux ✦ 12h15:  EXOTIC DANCE ✦ ou  POWER YOGA ✦ 1 sem. sur 2</p>
<h2>SAM</h2>	<p>10h30:  POLE DANCE tous niveaux ✦</p>