PLANNING POLE DANCE ADDICT FITNESS

NANGIS (77) | FONTAINE-LE-PORT(77) | PAMFOU (77)

SAISON 2025/26

MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H/11H POSTURAL BALL SANDRINE		10H/11H POSTURAL BALL SANDRINE		12H30/14H POLE DÉBUTANT SANDRINE
			17H30/18H30 POSTURAL BALL SANDRINE	14H/15H30 POLE DÉBUTANT EMELINE
18H/19H POLE RENFO SANDRINE		18H/19H AERIAL CONDITIONING : Hamac / Cerceau / Pole JENNIFER	19H30/20H30 POLE DECOUVERTE & INITIATION SANDRINE	15H30/17H POLE INTER 2/3 JENNIFER
19H15/20H POSTURAL BALL SANDRINE	19H/20H30 POLE DEBUTANT 2 EMELINE	19H15/20H15 POLE COMBO JENNIFER	19H30/20H30 OPEN POLE TRAINING SANDRINE	17H/18H SOUPLESSE JENNIFER
20H15/21H15 ELGO HEELS SANDRINE	20H30/22H POLE INTER 1 EMELINE	20H15/21H45 POLE INTER 2 JENNIFER	20H30/22H00 POLE DEBUTANT SANDRINE	18H/19H30 POLE DEB 2 /INTER 1 JENNIFER

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★ En fonction du planning