



PLANNING 2026-2027

Monday / Lundi		Tuesday / Mardi		Wednesday / Mercredi		Thursday / Jeudi		Friday / Vendredi		Saturday / Samedi			
BIG room	SMALL	BIG room	SMALL	BIG room	SMALL	BIG room	SMALL	BIG room	SMALL	BIG room	SMALL		
CROSS-TRAINING FITNESS Tatiana		Fitness- STRETCHING Alyona		SEXY-FLEXY WOMENS PILATES Alyona		STRETCHING Tatiana		POLE DANCE (ALL LEVELS) Alyona		Self practice		7:50 8:00	
												8:00 8:10	
												8:10 8:20	
Aerial HOOP (cerceau aerien) Tatiana		Aerial HAMMOCK (aerialsling) Tatiana		Self practice		Aerial HOOP / HAMMOCK (cerceau et hamac aeriens) Tatiana		Self practice		BABY GYM 2-4 ans Tatiana		8:20 8:30	
												8:30 8:40	
												8:40 8:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		8:50 9:00	
												9:00 9:10	
												9:10 9:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		9:20 9:30	
												9:30 9:40	
												9:40 9:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		9:50 10:00	
												10:00 10:10	
												10:10 10:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		10:20 10:30	
												10:30 10:40	
												10:40 10:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		10:50 11:00	
												11:00 11:10	
												11:10 11:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		11:20 11:30	
												11:30 11:40	
												11:40 11:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		11:50 12:00	
												12:00 12:10	
												12:10 12:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		12:20 12:30	
												12:30 12:40	
												12:40 12:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		12:50 13:00	
												13:00 13:10	
												13:10 13:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		13:20 13:30	
												13:30 13:40	
												13:40 13:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		13:50 14:00	
												14:00 14:10	
												14:10 14:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		14:20 14:30	
												14:30 14:40	
												14:40 14:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		14:50 15:00	
												15:00 15:10	
												15:10 15:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		15:20 15:30	
												15:30 15:40	
												15:40 15:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		15:50 16:00	
												16:00 16:10	
												16:10 16:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		16:20 16:30	
												16:30 16:40	
												16:40 16:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		16:50 17:00	
												17:00 17:10	
												17:10 17:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		17:20 17:30	
												17:30 17:40	
												17:40 17:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		17:50 18:00	
												18:00 18:10	
												18:10 18:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		18:20 18:30	
												18:30 18:40	
												18:40 18:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		18:50 19:00	
												19:00 19:10	
												19:10 19:20	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		19:20 19:30	
												19:30 19:40	
												19:40 19:50	
Self practice		Self practice		Self practice		Self practice		Self practice		Self practice		19:50 20:00	
												20:00 20:10	
												20:10 20:20	



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FlyDanceSXM.com

Le premier cours est de 10 €. Le cours unique est de 20 €.
Un leçon en forfait est de 10 à 17,5 €.

The first class is 10 €. The single class is 20 €.
The class in membership ticket is from 10 to 17,5 €.

Le prix d'abonnement dépend de nombre des classes et period.
Il faut s'inscrire à l'avance sur FlyDanceSXM.com

The price of membership card depends on the amount of classes and period.
It is necessary to sign up in advance on the site FlyDanceSXM.com