

***Pole Dance is an atypical sport that attracts curiosity, so why not discover it by sharing it with your friends during a stag party, birthday or others...  
Don't hesitate to contact us.***

## **A physical and fun activity in 1h15**

### **OUTFIT**

- Sports bra or tank top and short shorts
- Barefoot
- To avoid slipping and achieve a max. figures during activity, avoid fatty creams on the body.
- In order not to degrade the material, we ask you to remove any jewelry that may be in contact with the pole bar (rings, bracelets, foot chains ... But you can keep your piercings)

### **SCHEDULE**

- Small warm-up
- Initiation into the good mood of Pole Dance with some figures.
- Choreography of the figures learned during the course.
- At the end of the initiation, demo of the bride-to-be to her friends.

## **RATES**

### **Pole Dance**

**Up to 6 persons**

**Package of 150 €**

**From 7 people**

**25 € by person**

*Offered to the bride-to-be*

### **Pole Dance + Champagne**

**Package of 200 €**

**35 € by person**

*(1 bottle for 7 persons)*

**What better way to make this moment perfect!**

## **BOOKINGS & PAYMENTS**

***To confirm your reservation, you need to send a deposit of € 50 payable to French Pole Riviera by Paypal.***

***Bookings by phone on 06 47 54 82 27 or by email frenchpoleriviera@gmail.com***

***On D-Day for a smooth organization, we ask that the rules for all participants be ready on your arrival.***

***Participants can each pay for their participation.***

***Payment possible by Cash***

***THERE WILL BE NO REFUND OF THE DEPOSIT FOR ANY CANCELLATION LESS THAN 7 DAYS BEFORE THE EVENT***

***In the event of a participant's absence, the amount to be paid will remain the same as when booking.***