

Planning de la salle de Lausanne

new!

17:00 - 18:00	18:05 - 19:05	19:10 - 20:10	20:10 - 21:10
Burlesque / Chair dance en alternance	POLE FIRST	POLE SENSATION	Burlesque / Chair dance en alternance
Mégane	Carole M	Nancy	Mégane

Mardi

12:15 - 13:15
YOGA FLOW
Maude

new!

17:20 - 18:20	18:20 - 19:20	19:25 - 20:25	20:30 - 21:30
POLE FIRST & SENSATION	POLE SENSATION	SOUPLESSE	POLE EMOTION
Lana	Clémentine	Ningning	Ningning

Mercredi

12:00 - 13:00
POLE FIRST
Salomé

dès le 20.08

18:15 - 19:15	19:20 - 20:20	<i>new!</i> 20:30 - 21:30
POLE EXOTIC	YOGA HATA	POLE FIRST
Jessica F	Jessica F	Salomé

Jeudi

tous les 15 jours

17:45 - 18:45	18:45 - 19:45	19:50 - 20:50
POLE FIRST	POLE EMOTION/PASSION RENFO DES SENSATION	SOUPLESSE EMOTION-PASSION
Emmanuelle	Erika / Margaux	Erika / Margaux

Vendredi

12:00 - 13:00
RENFO-STRECH
Sandrine

17:30 - 18:30
PILATES
Aude

Samedi

10:00 - 11:00
JUMP (minitrampoline)
Véronique

11:15 - 12:15
POLE EMOTION
Helena / Fabiola

12:20 - 13:20
PRACTICE
Helena / Fabiola

Dimanche

10:00 - 11:00
JUMP (minitrampoline)
Tournus

15:30 - 16:30
POLE EXOTIC
Cécile

16:45 - 17:45
SOUPLESSE
Cécile

