

# Planning de la salle de Lausanne

**Mardi**

**Mercredi**

**Jeudi**

**Vendredi**

**Samedi**

**Dimanche**

|                  |
|------------------|
| 12:15 - 13:15    |
| <b>SOUPLESSE</b> |
| Maude            |

|                                          |
|------------------------------------------|
| 17:00 - 18:00                            |
| Burlesque / Chair dance<br>en alternance |
| Mégane                                   |

|                   |
|-------------------|
| 18:05 - 19:05     |
| <b>POLE FIRST</b> |
| Carole M          |

|                                  |
|----------------------------------|
| 19:10 - 20:10                    |
| <b>POLE SENSATION<br/>COMBOS</b> |
| Nancy                            |

|                                          |
|------------------------------------------|
| 20:10 - 21:10                            |
| Burlesque / Chair dance<br>en alternance |
| Mégane                                   |

|                                       |
|---------------------------------------|
| 17:20 - 18:20                         |
| <b>POLE FIRST<br/>&amp; SENSATION</b> |
| Lana                                  |

|                       |
|-----------------------|
| 18:20 - 19:20         |
| <b>POLE SENSATION</b> |
| Clémentine            |

|                  |
|------------------|
| 19:25 - 20:25    |
| <b>SOUPLESSE</b> |
| Ningning         |

|                     |
|---------------------|
| 20:30 - 21:30       |
| <b>POLE EMOTION</b> |
| Ningning            |

|                   |
|-------------------|
| 12:00 - 13:00     |
| <b>POLE FIRST</b> |
| Salomé            |

*new!*

|                           |
|---------------------------|
| 17:20 - 18:10             |
| <b>YOGA FLEX&amp;FLOW</b> |
| Cynthia                   |

|                    |
|--------------------|
| 18:15 - 19:15      |
| <b>POLE EXOTIC</b> |
| Jessica F          |

|                        |
|------------------------|
| 19:25 - 20:25          |
| <b>YOGA THEMATIQUE</b> |
| Jessica F              |

|                   |
|-------------------|
| 20:30 - 21:30     |
| <b>POLE FIRST</b> |
| Salomé            |

*new!*

tous les 15 jours

|                   |
|-------------------|
| 17:45 - 18:45     |
| <b>POLE FIRST</b> |
| Magali F          |

|                                                     |
|-----------------------------------------------------|
| 18:45 - 19:45                                       |
| <b>POLE EMOTION/PASSION<br/>RENFO DES SENSATION</b> |
| Emmanuelle/ Margaux                                 |

|                                      |
|--------------------------------------|
| 19:50 - 20:50                        |
| <b>SOUPLESSE<br/>EMOTION-PASSION</b> |
| Emmanuelle/ Margaux                  |

*new!*

tous les 15 jours

|                                 |
|---------------------------------|
| 12:00 - 13:00                   |
| <b>YOGA RENFO<br/>SOUPLESSE</b> |
| Sandrine                        |

|                     |
|---------------------|
| 17:00 - 18:00       |
| <b>POLE EMOTION</b> |
| Clémentine          |

|                  |
|------------------|
| 18:00 - 19:00    |
| <b>SOUPLESSE</b> |
| Clémentine       |

tous les 15 jours

|                                   |
|-----------------------------------|
| 17:45 - 18:45                     |
| <b>POLE FLOW<br/>Tous niveaux</b> |
| Ningning                          |

|                  |
|------------------|
| 18:45 - 19:45    |
| <b>SOUPLESSE</b> |
| Ningning         |

*new!*

|                                  |
|----------------------------------|
| 10:00 - 11:00                    |
| <b>JUMP<br/>(minitrampoline)</b> |
| Véronique                        |

|                     |
|---------------------|
| 11:15 - 12:15       |
| <b>POLE EMOTION</b> |
| Helena / Fabiola    |

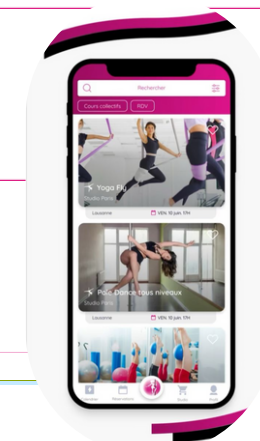
|                  |
|------------------|
| 12:20 - 13:20    |
| <b>PRACTICE</b>  |
| Helena / Fabiola |

|                |
|----------------|
| 13:30 - 14:30  |
| <b>PILATES</b> |
| Ana            |

|                                  |
|----------------------------------|
| 10:00 - 11:00                    |
| <b>JUMP<br/>(minitrampoline)</b> |
| Tournus                          |

|                        |
|------------------------|
| 11:15 - 12:15          |
| <b>POLE<br/>EXOTIC</b> |
| Cécile                 |

|                  |
|------------------|
| 12:20 - 13:20    |
| <b>SOUPLESSE</b> |
| Cécile           |



télécharge notre  
application