

Planning de la salle de Lausanne

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

Mardi

12:15 - 13:15
YOGA FLOW
Maude

17:20 - 18:20
POLE FIRST
Lana

18:20 - 19:20
POLE SENSATION
Tournus prof

19:25 - 20:25
SOUPLESSE
Ningning

20:30 - 21:30
POLE EMOTION
Ningning

Mercredi

17h15 - 18:15
Burlesque / Chair dance en alternance
Mégane

18:15 - 19:15
POLE EXOTIC
Jessica F

19:25 - 20:25
YOGA HATA
Jessica F

20:30 - 21:30
CONTEMPORAIN
Mégane

Jeudi

12:15 - 13:15
SOUPLESSE
Maude

17:45 - 18:45
POLE FIRST
Emmanuelle

18:45 - 19:45
POLE EMOTION/PASSION RENFO DES SENSATION
Erika / Margaux

19:50 - 20:50
SOUPLESSE EMOTION-PASSION
Erika / Margaux

tous les 15 jours

Vendredi

12:00 - 13:00
RENFO-STRECH
Sandrine



18:00 - 19:00
POLE EXOTIC
Valentina

19:00 - 20:00
DANSE EN TALONS HEELS
Valentina

20:00 - 21:00
FLOOR WORK STRIP PLASTIC
Valentina

Samedi

08:45 - 9:45
YOGA FLOW
Aude

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

