

# Planning de la salle de Lausanne

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

## Mardi

|                  |
|------------------|
| 12:15 - 13:15    |
| <b>YOGA FLOW</b> |
| Maude            |

|                   |
|-------------------|
| 17:20 - 18:20     |
| <b>POLE FIRST</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            |

## Mercredi

|                                          |
|------------------------------------------|
| 17h15 - 18:15                            |
| Burlesque / Chair dance<br>en alternance |
| Mégane                                   |

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

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

|                     |
|---------------------|
| 20:30 - 21:30       |
| <b>CONTEMPORAIN</b> |
| Mégane              |

## Jeudi

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

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

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

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

tous les 15 jours

## Vendredi

|                     |
|---------------------|
| 12:00 - 13:00       |
| <b>RENFO-STRECH</b> |
| Sandrine            |

|                     |
|---------------------|
| 17:15 - 18:15       |
| <b>RENFORCEMENT</b> |
| Aude                |

|                  |
|------------------|
| 18:15 - 19:15    |
| <b>SOUPLESSE</b> |
| Aude             |

## Samedi

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

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

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

## Dimanche

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

|                    |
|--------------------|
| 15:30 - 16:30      |
| <b>POLE EXOTIC</b> |
| Cécile             |

|                  |
|------------------|
| 16:45 - 17:45    |
| <b>SOUPLESSE</b> |
| Cécile           |

