

# Planning de la salle de Gland

**Mardi**

18:30 - 19:30
<b>POLE SENSATION</b>
Joana / Vanessa

19:35 - 20:35
<b>PRACTICE</b>
Joana / Vanessa

20:35 - 21:35
<b>FIRST/SENSATION</b>
Aline C

18:30 - 19:30
<b>POLE FIRST</b>
Fabienne

19:35 - 20:35
<b>SOUPLESSE</b>
Laurène

20:40 - 21:40
<b>POLE EMOTION</b>
Laurène

**Mercredi**

9:30 - 10:30
<b>CAF</b>
Alexia

18:00 - 19:00
<b>PRACTICE</b>
Carole B

19:00 - 20:00
<b>POLE FIRST</b>
Carole B

20:00 - 21:00
<b>FIRST/SENSATION</b>
Alexia

(minimum 3 cours suivis en First un autre cours svp)

**Jeudi**

18:30 - 19:30
<b>POLE SENSATION</b>
Audrey

19:35 - 20:35
<b>POLE EMOTION</b>
Florence

20:35 - 21:35
<b>SOUPLESSE</b> <i>sur dates</i>
Florence

**Vendredi**

**Samedi**

**Dimanche**

10:00 - 11:00
<b>POLE SENSATION</b> <i>sur dates</i>
Vanessa

11:00 - 12:00
<b>POLE EMOTION</b> <i>sur dates</i>
Vanessa

11:00 - 12:00
<b>EXOTIC</b> <i>sur dates</i>
Vanessa

