



# Planning de la salle de Gland

**Lundi**

18:30 - 19:30
<b>RENFO OU YOGA</b>
Joana / Vanessa

19:35 - 20:35
<b>POLE SENSATION</b>
Joana / Vanessa

20:35 - 21:35
<b>Pole Flow</b>
Patricia A

**Mardi**

17:25 - 18:25
<b>PRACTICE</b>
Fabienne

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

17:30 - 18:30
<b>PRACTICE</b>
Eleonore

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

19:30 - 20:30
<b>POLE EMOTION PASSION</b>
Audrey

20:30 - 21:30
<b>FIRST / SENSATION</b>
Alexia

**Jeudi**

*NEW!*

18:35 - 19:35
<b>POLE FIRST tous les 15 jours</b>
Valentine

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

20:40 - 21:40
<b>SOUPLESSE</b>
Florence

**Vendredi**

12h15 - 13h15
<b>RENFO POLE DÈS FIRST</b>
Aline C

18:30 - 19:30
<b>EXOTIC</b>
Vanessa

19:30 - 20:30
<b>POLE FIRST</b>
Vanessa

**Samedi**

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

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

**Dimanche**

