



Pole-Emotion.ch

Lundi

12:00 - 13:00
<b>RENFO-SOUPLESSE</b>
Lana

# Planning de la salle de Lausanne

17:00 - 18:00
<b>JUMP</b> (mini-trampoline)
Melissa

18:05 - 19:05
<b>POLE FIRST</b>
Melissa

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

Mardi

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

17:15 - 18:15
<b>JUMP</b> sur date
Véronique

18:20 - 19:20
<b>POLE SENSATION</b>
Marion W

19:25 - 20:25
<b>RENFO POLE</b> <b>POLE EXOTIC</b>
Camille / Ningning

20:30 - 21:30
<b>POLE EMOTION</b>
Krystel

Mercredi

12:15 - 13:15
<b>YOGA-FLOW</b>
Isabel

17:15 - 18:15
<b>POLE FIRST</b>
Carole A

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

19:20 - 20:20
<b>EXOTIC</b> <b>TRICKS&amp;COMBOS</b>
Jessica F

20:20 - 21:20
<b>DANSE ORIENTALE</b>
Dunia

Jeudi

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

17:45 - 18:45
<b>POLE FIRST</b>
Sonia G

18:45 - 19:45
<b>POLE EMOTION</b>
Marion A / Minh

19:50 - 20:50
<b>PRACTICE</b> <b>SOUPLESSE</b>
Minh / Alba

Vendredi

**NEW!**

17:30 - 18:30
<b>Functional training</b>
Jordan

18:30 - 19:30
<b>Cuisses-Abdos-Fessiers</b>
Jordan

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

Samedi

10:00 - 11:00
<b>JUMP</b> (mini-trampoline)
Véronique

11:15 - 12:15
<b>POLE EMOTION</b>
TOURNUS PROFS

12:20 - 13:20
<b>POLE SENSATION</b>
TOURNUS PROFS

Dimanche

10:00 - 11:00
<b>JUMP</b> (mini-trampoline) sur dates
Melissa

11:30 - 12:30
<b>POLE EMOTION</b> sur date
Krystel

17:30 - 18:30
<b>POLE EMOTION</b>
Fabienne

18:30 - 19:30
<b>SOUPLESSE</b>
Fabienne

4.06 - 18.06 - 2.07 - 20.08 -  
3.09 - 1.10 - 15.10 - 5.11 - 19.11 - 3.12 - 17.12

