



Pole-Emotion.ch

# Planning de la salle de Lausanne

## Lundi

12:15 - 13:15
<b>PILATES</b>
Pasquale

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

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

20:15 - 21:15
<b>POLE FIRST</b>
Malika

## Mardi

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

17:15 - 18:15
<b>JUMP</b> (mini-trampoline)
Tournus Profs

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

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

19:20 - 20:20
<b>POLE EMOTION</b>
Jessica F

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

## Jeudi

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

17:30 - 18:30
<b>POLE FIRST</b>
Yasmine

18:40 - 19:40
<b>POLE EMOTION</b>
Marion A

19:40 - 20:40
<b>PRACTICE</b> <b>SOUPLESSE</b>
Jing / Marion A

## Vendredi

17:00 - 18:00
<b>Renforcement</b>
Erwin

18:00 - 19:00
<b>Body kick-boxing</b>
Erwin

19:00 - 20:00
<b>Cuisses-abdos-fessiers</b>
Erwin - Maya

20:00 - 21:00
<b>SOUPLESSE</b>
Jing

## Samedi

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

11:15 - 12:15
<b>POLE EMOTION</b>
Emilie W

12:20 - 13:20
<b>POLE SENSATION</b>
Emilie W

13:30 - 14:30
<b>POLE FIRST</b>
Jennifer

## Dimanche

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

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

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

→ 12.06/26.06

