



Pole-Emotion.ch

Lundi

Planning de la salle de Lausanne

17:00 - 18:00	18:05 - 19:05	19:10 - 20:10	20:15 - 21:15
JUMP (mini-trampoline)	POLE FIRST	POLE SENSATION	POLE FIRST
Melissa	Nyah	Nancy	Malika

Mardi

12:15 - 13:15
YOGA-FLOW
Maude

sur dates	17:15 - 18:15	18:20 - 19:20	19:25 - 20:25	20:30 - 21:30
	JUMP (mini-trampoline)	POLE SENSATION	RENFO POLE POLE EXOTIC	POLE EMOTION
	Véronique	Marion W	Camille / Ningning	Krystel

Mercredi

12:15 - 13:15
YOGA-FLOW
Isabel

17:15 - 18:15	18:15 - 19:15	19:20 - 20:20	20:20 - 21:20
POLE FIRST	POLE EXOTIC	POLE EMOTION	DANSE ORIENTALE
Clémentine	Jessica F	Jessica F	Dunia

Jeudi

12:15 - 13:15
SOUPLESSE
Maude

17:30 - 18:30	18:40 - 19:40	19:40 - 20:40
POLE EXOTIC	POLE EMOTION	PRACTICE SOUPLESSE
Dionaea	Marion A	Jing / Alba

Vendredi

17:30 - 18:30	18:30 - 19:30	20:00 - 21:00
Body Kick-Boxing	Cuisses-Abdos-Fessiers	SOUPLESSE
Erwin	Erwin	Jing

Samedi

10:00 - 11:00	11:15 - 12:15	12:20 - 13:20	13:30 - 14:30
JUMP (mini-trampoline)	POLE EMOTION	POLE SENSATION	POLE FIRST
Véronique	Emilie W	Emilie W	Tournus

Dimanche

11:30 - 12:30	17:30 - 18:30	18:30 - 19:30
POLE EMOTION	POLE EMOTION	SOUPLESSE
Krystel	Fabienne	Fabienne

1X SUR 2

2.10 / 30.10
13.11 / 27.10 / 11.12

