

# Planning de la salle de Lausanne

sur dates

12:00 - 13:00	13:00 - 14:00
RENFO-SOUPLESSE	POLE FIRST French/English
Lana	Lana

18:05 - 19:05
POLE FIRST
Carole M

19:10 - 20:10
POLE SENSATION
Nancy

20:10 - 21:10
Burlesque / Chair dance en alternance
Mégane

NEW

## Mardi

12:15 - 13:15
YOGA-FLOW
Maude

18:20 - 19:20
POLE SENSATION
Maude

19:25 - 20:25
SOUPLESSE
Ningning

20:30 - 21:30
POLE EMOTION
Ningning

## Mercredi

12:15 - 13:15
YOGA-FLOW
Isabel

NEW

17h15 - 18:15
Burlesque / Chair dance en alternance
Mégane

18:15 - 19:15
POLE EXOTIC
Jessica F

19:25 - 20:25
YOGA HATA
Jessica F

## Jeudi

12:15 - 13:15
SOUPLESSE
Maude

tous les 15 jours

17:45 - 18:45
POLE FIRST
Emmanuelle

18:45 - 19:45
POLE EMOTION/PASSION RENFO DES SENSATION
Erika / Margaux

19:50 - 20:50
SOUPLESSE OU PASSION
Erika / Margaux

## Vendredi

12:00 - 13:00
RENFO-STRECH
Sandrine

## Samedi

09:00 - 10:00
PILATES
Aude

10:00 - 11:00
JUMP (minitrampoline)
Véronique

11:15 - 12:15
POLE EMOTION
Helena / Fabiola

12:20 - 13:20
PRACTICE
Helena / Fabiola

## Dimanche

10:00 - 11:00
JUMP (minitrampoline)
Tournus

15:30 - 16:30
POLE FIRST ou EXOTIC
Cécile

16:45 - 17:45
SOUPLESSE
Cécile

