

# Planning de Lausanne

<b>Lundi</b>	11:30 - 12:30	12:30 - 13:30		17:00 - 18:00	18:05 - 19:05	19:10 - 20:10	
	Pilates	Pilates		Yoga -Flow	Pole First	Pole Sensation	
	Pasquale	Isabelle		Isabel	Clémentine	Nancy	
<b>Mardi</b>		12:15 - 13:15		17:15 - 18:15	18:20 - 19:20	19:25 - 20:25	en alternance
		Yoga-Flow		Jump (minitrampoline)	Pole Sensation	Renfo spécial pole	
		Maude		Tournus Prof	Jennifer	Pole Exotic	
						Camille / Ningning	
							20:30 - 21:30
							Pole Emotion
							Krystel
<b>Mercredi</b>		12:15 - 13:15			18:15 - 19:15	19:20 - 20:20	
		Yoga -Flow			Pole Exotic	Pole Emotion	
		Isabel			Jessica F	Jessica F	
							20:25 - 21:25
							Pole First
							Marion W
<b>Jeudi</b>		12:15 - 13:15		17:30 - 18:30	18:35 - 19:35	19:40 - 20:40	
		Souplesse		Pole First	Pole Passion	Practice	
		Maude		Jennifer	Pole Emotion	Minh / Marion A	
					Minh / Marion A		
<b>Vendredi</b>				17:45 - 18:45	18:50 - 19:50		
				Practice	Pole Emotion		
				Sonia G	Sonia G		
<b>Samedi</b>	10:00 - 11:00	11:15 - 12:15	12:20 - 13:20				
	Jump (minitrampoline)	Pole Emotion	Pole Sensation				
	Tournus Prof	Emilie W	Emilie W				
<b>Dimanche</b>		11:30 - 12:30					
		Pole Emotion					
		Krystel					1x sur 2