

Planning de la salle de Lausanne

12:00 - 13:00
RENFO-SOUPLESSE
Lana

13:45 - 16:00
SALLE OCCUPEE

18:05 - 19:05
POLE FIRST
Melissa

19:10 - 20:10
POLE SENSATION
Nancy

tous les 15 jours

20h15 - 21:15
POLE CONTEMPORAINE
Mégane

Mardi

12:15 - 13:15
YOGA-FLOW
Maude

17:15 - 18:15
JUMP
Véronique / Valérie

18:20 - 19:20
POLE SENSATION
Marion W

19:25 - 20:25
SOUPLESSE & RENFO POLE
Camille & Ningning

20:30 - 21:30
POLE EMOTION
Krystel

Mercredi

12:15 - 13:15
YOGA-FLOW
Isabel

13:45 - 16:00
SALLE OCCUPEE

17:15 - 18:15
POLE FIRST
Carole M

18:15 - 19:15
POLE EXOTIC
Jessica F

19:20 - 20:20
YOGA HATA
Jessica F

20:30 - 21:30
POLE FIRST
Kelsea

Jeudi

10:00 - 11:00
DOS & EPAULES
Jordan

11:00 - 12:00
RENFORCEMENT
Jordan

12:15 - 13:15
SOUPLESSE
Maud

17:45 - 18:45
POLE FIRST
Sonia G

18:45 - 19:45
POLE EMOTION / PASSION
Marion A / Minh

19:50 - 20:50
PRACTICE SOUPLESSE
Minh / Alba

Vendredi

13:45 - 16:00
SALLE OCCUPEE

19:35 - 20:35
SOUPLESSE sur date
Erika

Samedi

10:00 - 11:00
JUMP (mini-trampoline)
Véronique

11:15 - 12:15
POLE EMOTION
Helena / TOURNUS PROFS

12:20 - 13:20
POLE SENSATION
Helena / TOURNUS PROFS

Dimanche

10:00 - 11:00
JUMP (mini-trampoline)
Tournus

