| ACTIVITÉS | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- | --- |
| Renforcement musculaire |  | 9h00-10h00Jérémy |  |  | 9h00-10h00Jérémy |  |
| Techniques douces |  |  | 9h00-10h00Jérémy |  |  |  |
| QI-Qong |  |  | 10h00-11h00Véronika |  |  |  |
| Pilates |  |  |  | 9h00-10h0010h00-11h00Karen |  |  |
| Yoga Iyengar |  |  | 18h30-20h00Florence |  |  |  |
| Hatha Yoga | 18h30-19h30Sabine |  |  |  |  |  |
| Gym |  |  |  | 19h30-20h30Doanh |  |  |
| CrossTraining |  |  |  | 20h30-21h30Doanh |  |  |
| Marche nordique |  |  |  |  |  | 9h30-11h30Doanh |

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- |
|  | 9h00-10h00Renforcement musculaire | 9h00-10h00Techniques douces | 9h00-10h00Pilates | 9h00-10h00Renforcement musculaire |  |
| 9h30-11h30Marche nordique |
|  | 10h00-11h00QI-Qong | 10h00-11h00Pilates |  |
|  |  |
|  |  |  |  |  |  |
| 18h30-19h30Hatha Yoga |  | 18h30-20h00Yoga Iyengar |  |  |  |
|  | 19h30-20h30Gym |
|  |
| 20h30-21h30Cross Training |