| ACTIVITÉS | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- | --- |
| Renforcement musculaire |  | 9h00-10h00  Jérémy |  |  | 9h00-10h00  Jérémy |  |
| Techniques douces |  |  | 9h00-10h00  Jérémy |  |  |  |
| QI-Qong |  |  | 10h00-11h00  Véronika |  |  |  |
| Pilates |  |  |  | 9h00-10h00  10h00-11h00  Karen |  |  |
| Yoga Iyengar |  |  | 18h30-20h00  Florence |  |  |  |
| Hatha Yoga | 18h30-19h30  Sabine |  |  |  |  |  |
| Gym |  |  |  | 19h30-20h30  Doanh |  |  |
| Cross Training |  |  |  | 20h30-21h30  Doanh |  |  |
| Marche nordique |  |  |  |  |  | 9h30-11h30  Doanh |

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- |
|  | 9h00-10h00  Renforcement musculaire | 9h00-10h00  Techniques douces | 9h00-10h00  Pilates | 9h00-10h00  Renforcement musculaire |  |
| 9h30-11h30  Marche nordique |
|  | 10h00-11h00  QI-Qong | 10h00-11h00  Pilates |  |
|  |  |
|  |  |  |  |  |  |
| 18h30-19h30  Hatha Yoga |  | 18h30-20h00  Yoga Iyengar |  |  |  |
|  | 19h30-20h30  Gym |
|  |
| 20h30-21h30  Cross Training |