| ACTIVITÉS | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- | --- |
| Renforcement musculaire |  | 9h00-10h00  Adélaïde |  |  | 9h00-10h00  Adélaïde |  |
| Techniques douces | 10h15-11h15  Romuald | 10h15-11h15  Energie douce  Romuald |  |  |  |  |
| QI-Qong |  |  | 10h00-11h00  Véronika |  |  |  |
| Pilates | 9h00-10h-00  Karen |  |  | 9h00-10h00  Karen |  |  |
| Yoga Iyengar |  |  | 18h00-19h30  Florence |  |  |  |
| Hatha Yoga | 18h30-19h30  Sabine |  |  |  |  |  |
| Cross Training |  |  |  | 20h45-21h45  Sylvie |  |  |
| Karaté |  |  |  | 18h00-19h00  19h00-20h00  Luc |  |  |