| ACTIVITÉS | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
| --- | --- | --- | --- | --- | --- | --- |
| Renforcement musculaire |  | 9h00-10h00Adélaïde  |  |  | 9h00-10h00Adélaïde  |  |
| Techniques douces | 10h15-11h15Romuald  | 10h15-11h15Energie douceRomuald |  |  |  |  |
| QI-Qong |  |  | 10h00-11h00Véronika |  |  |  |
| Pilates | 9h00-10h-00Karen |  |  | 9h00-10h00Karen |  |  |
| Yoga Iyengar |  |  | 18h00-19h30Florence |  |  |  |
| Hatha Yoga | 18h30-19h30Sabine |  |  |  |  |  |
| CrossTraining |  |  |  | 20h45-21h45Sylvie |  |  |
| Karaté |  |  |  | 18h00-19h0019h00-20h00Luc |  |  |