**LUNDI**

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| **Renforcement Musculaire**  **Eliott Haidinger**  **12h15-13h15**  **À Belle Idée** |
| **Yoga**  **Simona Ayni**  **12h15-13h15**  **À Culture-Loisirs** |
| **Pilates**  **Pascal Oberhauser**  **12h-13h**  **À Beau séjour** |

**MARDI**

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| **Renforcement Musculaire**  **Eliott Haidinger**  **12h-13h**  **À Julliard** |
| **Pilates**  **Pascal Oberhauser**  **12h15-13h15**  **À Belle-Idée** |
| **Aquagym**  **Corinne Bernimoulin**  **12h15-13h**  **À Beau Séjour** |

**MERCREDI**

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| **Pilates**  **Pascal Oberhauser**  **12h15-13h15**  **À Culture-Loisirs** |

**JEUDI**

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| **Aquagym**  **Corinne Bernimoulin**  **12h15-13h**  **À Beau Séjour** |
| **Yoga**  **Chenda Kan Baillif**  **12h-13h**  **À Trois-Chênes** |
| **Yoga**  **Maryline Pignard**  **12h-12h45**  **À Loex** |
| **Pilates**  **Chiara Della Badia**  **Soit 18h-19h soit 18h45-19h45**  **À Juliard** |
| **Pilates**  **Olga Rosen**  **12h-13h**  **À Juliard** |
| **Pilates**  **Pascal Oberhauser**  **12h-13h**  **À Belle Idée** |
| **Stretching**  **Eliott Haidinger**  **12h-13h**  **À Culture-Loisirs** |

**VENDREDI**

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| **Espagnol**  **Cristina Ontivero**  **12h30-13h30**  **À Culture-Loisirs** |
| **Yoga**  **Chenda Kan Baillif**  **12h15-13h15**  **À Julliard** |