**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** |