

Programme découverte Lausanne

Vendredi, 01.11.2024

10:30 – 11:20	Pilates
11:25 – 12:15	Stretching-Relaxation
11:25 – 12:15	Peindre dessiner
11:45 – 12:35	Couture
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout
16:40 – 17:30	Couture
17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates
18:00 – 18:50	Aquarelle

Samedi, 02.11.2024

09:00 – 09:50	Pilates-Yoga - PiYo
10:00 – 10:50	Gym du dos
10:50 – 11:40	Peinture et croquis
11:00 – 12:50	Afro Dance Workshop

Lundi, 04.11.2024

09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
12:30 – 13:20	Pleine conscience
17:00 – 17:50	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Zumba
18:00 – 18:50	CAF - Cuisse Abdos Fessier
18:30 – 19:20	Hatha Yoga
19:00 – 19:50	Step
19:00 – 19:50	Cardio Latino

Mardi, 05.11.2024

09:15 – 10:05	Gym douce
10:15 – 11:05	Gym du dos
11:00 – 11:50	Méditation
12:30 – 13:20	Qi Gong
12:30 – 13:20	Danse orientale tous niveaux
12:30 – 13:20	Zumba
16:15 – 17:05	Pilates
17:00 – 17:50	Couture
17:30 – 18:20	Tai Chi Chuan
17:30 – 18:20	Pilates
18:00 – 18:50	Functional Training
18:30 – 19:20	Pilates
18:30 – 19:20	Photographie
19:00 – 19:50	Zumba
19:15 – 20:05	Pilates
20:00 – 20:50	CAF - Cuisse Abdos Fessier

Mercredi, 06.11.2024

09:15 – 10:05	Gym douce
09:30 – 10:20	Tai Chi Chuan
10:10 – 11:00	Pilates
10:15 – 11:05	Gym du dos
12:30 – 13:20	Tai Chi Chuan
17:00 – 17:50	Tai Chi et Sabres
17:00 – 17:50	Gym douce
18:00 – 18:50	Pilates
18:00 – 18:50	Cardio Latino
18:00 – 18:50	Cardio Kickboxing
19:00 – 19:50	Danse Brésil funk & Bahia
19:00 – 19:50	Pilates-Yoga - PiYo

Jeudi, 07.11.2024

09:00 – 09:50	Handlettering
09:00 – 09:50	Gym douce
12:30 – 13:20	Step
12:40 – 13:30	Gym douce
16:30 – 17:20	Pilates débutants
17:00 – 17:50	Danse orientale tous niveaux
17:30 – 18:20	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Hatha Yoga
18:30 – 19:20	Tai Chi Chuan avancé
19:00 – 19:50	Hatha Yoga
19:30 – 20:45	Bal Folk tous les niveaux

Vendredi, 08.11.2024

10:30 – 11:20	Pilates
11:25 – 12:15	Stretching-Relaxation
11:45 – 12:35	Couture
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout
17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates
16:40 – 17:30	Couture
18:00 – 18:50	Acrylique

Samedi, 09.11.2024

09:00 – 09:50	Pilates-Yoga - PiYo
09:00 – 09:50	Méditation Workshop
10:00 – 10:50	Gym du dos
10:50 – 11:40	Peinture et croquis
10:00 – 11:40	Qi Gong Workshop
11:15 – 12:55	Tai Chi et Sabres Workshop

Lundi, 11.11.2024

09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
12:30 – 13:20	Pleine conscience
17:00 – 17:50	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Zumba
18:00 – 18:50	CAF - Cuisse Abdos Fessier
18:30 – 19:20	Hatha Yoga
19:00 – 19:50	Step
19:00 – 19:50	Cardio Latino

Mardi, 12.11.2024

09:15 – 10:05	Gym douce
10:15 – 11:05	Gym du dos
11:00 – 11:50	Méditation
12:30 – 13:20	Qi Gong
12:30 – 13:20	Danse orientale tous niveaux
12:30 – 13:20	Zumba
16:15 – 17:05	Pilates
17:00 – 17:50	Couture
17:30 – 18:20	Tai Chi Chuan
17:30 – 18:20	Pilates
18:00 – 18:50	Functional Training
18:30 – 19:20	Pilates
18:30 – 19:20	Photographie
19:00 – 19:50	Zumba
19:15 – 20:05	Pilates
20:00 – 20:50	CAF - Cuisse Abdos Fessier

Mercredi, 13.11.2024

09:15 – 10:05	Gym douce
09:30 – 10:20	Tai Chi Chuan
10:10 – 11:00	Pilates
10:15 – 11:05	Gym du dos
12:30 – 13:20	Tai Chi Chuan
17:00 – 17:50	Tai Chi et Sabres
17:00 – 17:50	Gym douce
18:00 – 18:50	Pilates
18:00 – 18:50	Cardio Latino
18:00 – 18:50	Cardio Kickboxing
19:00 – 19:50	Danse Brésil funk & Bahia
19:00 – 19:50	Pilates-Yoga - PiYo

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Jeudi, 14.11.2024

09:00 – 09:50	Handlettering
09:00 – 09:50	Gym douce
12:30 – 13:20	Step
12:40 – 13:30	Gym douce
16:30 – 17:20	Pilates débutants
17:00 – 17:50	Danse orientale tous niveaux
17:00 – 17:50	Couture
17:30 – 18:20	Pilates
18:00 – 18:50	Hatha Yoga
18:30 – 19:20	Tai Chi Chuan avancé
19:00 – 19:50	Hatha Yoga
19:30 – 20:20	Tai Chi et Sabres

Vendredi, 15.11.2024

10:30 – 11:20	Pilates
11:25 – 12:15	Stretching-Relaxation
11:45 – 12:35	Couture
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout
17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates
16:40 – 17:30	Couture
18:00 – 18:50	Aquarelle

Samedi, 16.11.2024

09:00 – 09:50	Pilates-Yoga - PiYo
09:00 – 09:50	Méditation Workshop
10:00 – 10:50	Gym du dos
10:00 – 11:40	Qi Gong Workshop
10:50 – 11:40	Peinture et croquis

Lundi, 18.11.2024

09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
12:30 – 13:20	Pleine conscience
17:00 – 17:50	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Zumba
18:00 – 18:50	CAF - Cuisse Abdos Fessier
18:30 – 19:20	Hatha Yoga
19:00 – 19:50	Step
19:00 – 19:50	Cardio Latino

Mardi, 19.11.2024

09:15 – 10:05	Gym douce
10:15 – 11:05	Gym du dos

11:00 – 11:50	Méditation
12:30 – 13:20	Qi Gong
12:30 – 13:20	Danse orientale tous niveaux
12:30 – 13:20	Zumba
16:15 – 17:05	Pilates
17:00 – 17:50	Couture
17:30 – 18:20	Tai Chi Chuan
17:30 – 18:20	Pilates
18:00 – 18:50	Functional Training
18:30 – 19:20	Pilates
18:30 – 19:20	Photographie
19:00 – 19:50	Zumba
19:15 – 20:05	Pilates
20:00 – 20:50	CAF - Cuisse Abdos Fessier

Mercredi, 20.11.2024

09:15 – 10:05	Gym douce
09:30 – 10:20	Tai Chi Chuan
10:10 – 11:00	Pilates
10:15 – 11:05	Gym du dos
12:30 – 13:20	Tai Chi Chuan
17:00 – 17:50	Tai Chi et Sabres
17:00 – 17:50	Gym douce
18:00 – 18:50	Pilates
18:00 – 18:50	Cardio Latino
18:00 – 18:50	Cardio Kickboxing
19:00 – 19:50	Danse Brésil funk & Bahia
19:00 – 19:50	Pilates-Yoga - PiYo

Jeudi, 21.11.2024

09:00 – 09:50	Gym douce
12:30 – 13:20	Step
12:40 – 13:30	Gym douce
16:30 – 17:20	Pilates débutants
17:00 – 17:50	Danse orientale tous niveaux
17:30 – 18:20	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Hatha Yoga
18:30 – 19:20	Tai Chi Chuan avancé
19:00 – 19:50	Hatha Yoga
19:30 – 20:45	Bal Folk tous les niveaux

Vendredi, 22.11.2024

10:30 – 11:20	Pilates
11:25 – 12:15	Stretching-Relaxation
11:45 – 12:35	Couture
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout

17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates
18:00 – 18:50	Acrylique

Samedi, 23.11.2024

09:00 – 09:50	Pilates-Yoga - PiYo
10:00 – 10:50	Gym du dos
10:50 – 11:40	Peinture et croquis
11:15 – 12:55	Tai Chi et Sabres Workshop

Lundi, 25.11.2024

09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
12:30 – 13:20	Pleine conscience
17:00 – 17:50	Pilates
17:00 – 17:50	Couture
18:00 – 18:50	Zumba
18:00 – 18:50	CAF - Cuisse Abdos Fessier
18:30 – 19:20	Hatha Yoga
19:00 – 19:50	Step
19:00 – 19:50	Cardio Latino

Mardi, 26.11.2024

09:15 – 10:05	Gym douce
10:15 – 11:05	Gym du dos
11:00 – 11:50	Méditation
12:30 – 13:20	Qi Gong
12:30 – 13:20	Danse orientale tous niveaux
12:30 – 13:20	Zumba
16:15 – 17:05	Pilates
17:30 – 18:20	Tai Chi Chuan
17:30 – 18:20	Pilates
18:00 – 18:50	Functional Training
18:30 – 19:20	Pilates
18:30 – 19:20	Photographie
19:00 – 19:50	Zumba
19:15 – 20:05	Pilates
20:00 – 20:50	CAF - Cuisse Abdos Fessier

Mercredi, 27.11.2024

09:15 – 10:05	Gym douce
09:30 – 10:20	Tai Chi Chuan
10:10 – 11:00	Pilates
10:15 – 11:05	Gym du dos
12:30 – 13:20	Tai Chi Chuan
17:00 – 17:50	Tai Chi et Sabres
17:00 – 17:50	Gym douce
18:00 – 18:50	Pilates

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18:00 – 18:50	Cardio Latino
18:00 – 18:50	Cardio Kickboxing
19:00 – 19:50	Danse Brésil funk & Bahia
19:00 – 19:50	Pilates-Yoga - PiYo

Jeudi, 28.11.2024

09:00 – 09:50	Gym douce
12:30 – 13:20	Step
12:40 – 13:30	Gym douce
16:30 – 17:20	Pilates débutants
17:00 – 17:50	Danse orientale tous niveaux
17:30 – 18:20	Pilates
18:00 – 18:50	Hatha Yoga
18:30 – 19:20	Tai Chi Chuan avancé
19:00 – 19:50	Hatha Yoga
19:30 – 20:20	Tai Chi et Sabres

Vendredi, 29.11.2024

10:30 – 11:20	Pilates
11:25 – 12:15	Stretching-Relaxation
11:45 – 12:35	Couture
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout
17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates
18:00 – 18:50	Aquarelle

Samedi, 30.11.2024

09:00 – 09:50	Pilates-Yoga - PiYo
10:00 – 10:50	Gym du dos
10:50 – 11:40	Peinture et croquis
11:00 – 12:50	Afro Dance Workshop
