

# Programme découverte Lausanne

## Lundi, 11.11.2024

09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
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
11:45 – 12:35	Couture
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
18:30 – 19:20	Pilates
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	Abdominaux, dos Workshop
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

## Jeudi, 14.11.2024

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
17:00 – 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

## Vendredi, 15.11.2024

10:30 – 11:20	Pilates
12:15 – 13:05	Hatha Yoga
12:30 – 13:20	Ballet Workout
16:00 – 16:50	Cardio Toning Workshop
17:00 – 17:50	Abdominaux, dos Workshop
17:00 – 17:50	Afro Dance
18:00 – 18:50	Pilates

## Samedi, 16.11.2024

09:00 – 09:50	Méditation Workshop
10:00 – 10:50	Gym du dos
10:50 – 11:40	Peinture et croquis
11:50 – 12:40	Handlettering

## Lundi, 18.11.2024

08:30 – 09:20	Stretching-Relaxation Work.
09:00 – 09:50	Aquarelle
12:00 – 12:50	Pilates
12:30 – 13:20	Body Sculpt
12:30 – 13:20	Dance Workout Workshop
13:30 – 14:20	Gym douce Workout
16:00 – 16:50	Couture
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
11:45 – 12:35	Couture
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
18:30 – 19:20	Pilates

19:00 – 19:50	Zumba
19:15 – 20:05	Pilates
20:00 – 20:50	CAF - Cuisse Abdos Fessier

## Mercredi, 20.11.2024

08:20 – 09:10	CAF Workshop
09:15 – 10:05	Gym douce
09:20 – 10:10	Gym Fit Workshop
09:30 – 10:20	Tai Chi Chuan
10:10 – 11:00	Pilates
10:15 – 11:05	Gym du dos
11:30 – 12:20	Body Sculpt Workshop
12:30 – 13:20	Dance Workout Workshop
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

08:20 – 09:10	Gym Fit Workshop
09:00 – 09:50	Gym douce
09:20 – 10:10	Stretching-Relaxation Work.
12:30 – 13:20	Step
12:40 – 13:30	Gym douce
16:30 – 17:20	Pilates débutants
16:30 – 17:20	Sculpture sur bois
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
18:30 – 19:20	Tribal Fusion Bellydance
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
17:00 – 17:50	Pilates débutants Workshop
18:00 – 18:50	Pilates
18:00 – 18:50	Acrylique

# Programme découverte Lausanne

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18:00 – 18:50 [Hatha Yoga Workshop](#)

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## Samedi, 23.11.2024

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09:00 – 09:50 [Pilates-Yoga - PiYo](#)

10:00 – 10:50 [Gym du dos](#)

10:00 – 10:50 [Peinture dessiner](#)

11:00 – 11:50 [Peindre dessiner](#)

11:15 – 12:55 [Tai Chi et Sabres Workshop](#)

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## Lundi, 25.11.2024

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09:00 – 09:50 [Aquarelle](#)

12:00 – 12:50 [Pilates](#)

12:30 – 13:20 [Body Sculpt](#)

12:30 – 13:20 [Pleine conscience](#)

16:00 – 16:50 [Couture](#)

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](#)

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## Mardi, 26.11.2024

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09:15 – 10:05 [Gym douce](#)

10:15 – 11:05 [Gym du dos](#)

11:00 – 11:50 [Méditation](#)

11:45 – 12:35 [Couture](#)

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 Workshop](#)

18:30 – 19:20 [Pilates](#)

19:00 – 19:50 [Zumba](#)

19:15 – 20:05 [Pilates](#)

20:00 – 20:50 [CAF - Cuisse Abdos Fessier](#)

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## Mercredi, 27.11.2024

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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 [Abdominaux, dos Workshop](#)

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](#)

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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, 28.11.2024

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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 [Couture](#)

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 [Hip Hop Streetdance tous les niveaux Workshop](#)

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## Vendredi, 29.11.2024

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10:30 – 11:20 [Pilates](#)

11:25 – 12:15 [Stretching-Relaxation](#)

12:15 – 13:05 [Hatha Yoga](#)

12:30 – 13:20 [Ballet Workout](#)

16:00 – 16:50 [Cardio Toning Workshop](#)

17:00 – 17:50 [Afro Dance](#)

17:00 – 17:50 [Abdominaux, dos Workshop](#)

18:00 – 18:50 [Pilates](#)

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## Samedi, 30.11.2024

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09:00 – 09:50 [Pilates-Yoga - PiYo](#)

10:00 – 10:50 [Gym du dos](#)

10:00 – 11:50 [Afro Dance Workshop](#)

12:00 – 12:50 [Peindre dessiner](#)

13:00 – 13:50 [Danse-Yoga Workshop](#)

14:00 – 14:50 [Pilates-Yoga - PiYo Workshop](#)

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