



**L'Aire des Seniors**  
57, route de Certoux  
1258 Perly-Certoux

# Août 2025

| Août 2025 |      |      |      |      |      |      |
|-----------|------|------|------|------|------|------|
| Lun.      | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|           |      |      |      |      | 1    | 2 3  |
| 4         | 5    | 6    | 7    | 8    | 9    | 10   |
| 11        | 12   | 13   | 14   | 15   | 16   | 17   |
| 18        | 19   | 20   | 21   | 22   | 23   | 24   |
| 25        | 26   | 27   | 28   | 29   | 30   | 31   |

| Septembre 2025 |      |      |      |      |      |      |
|----------------|------|------|------|------|------|------|
| Lun.           | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
| 1              | 2    | 3    | 4    | 5    | 6    | 7    |
| 8              | 9    | 10   | 11   | 12   | 13   | 14   |
| 15             | 16   | 17   | 18   | 19   | 20   | 21   |
| 22             | 23   | 24   | 25   | 26   | 27   | 28   |
| 29             | 30   |      |      |      |      |      |

| Lundi                                | Mardi                                                                    | Mercredi                             | Jeudi                                                                                                | Vendredi                                          | Samedi | Dimanche |
|--------------------------------------|--------------------------------------------------------------------------|--------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------|--------|----------|
| 28. Juillet                          | 29                                                                       | 30                                   | 31                                                                                                   | 1. Août                                           | 2      | 3        |
|                                      |                                                                          |                                      |                                                                                                      |                                                   |        |          |
| 4                                    | 5                                                                        | 6                                    | 7                                                                                                    | 8                                                 | 9      | 10       |
|                                      |                                                                          |                                      |                                                                                                      |                                                   |        |          |
| 11                                   | 12                                                                       | 13                                   | 14                                                                                                   | 15                                                | 16     | 17       |
|                                      |                                                                          |                                      |                                                                                                      |                                                   |        |          |
| 18                                   | 19                                                                       | 20                                   | 21                                                                                                   | 22                                                | 23     | 24       |
| 17:00-19:00 Film<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 16:00-17:00 Yoga<br>17:00-18:00 Yoga | 10:00-11:00 Méditation<br>14:00-17:00 Jass et jeux                                                   | 10:00-11:30 Informatique                          |        |          |
| 25                                   | 26                                                                       | 27                                   | 28                                                                                                   | 29                                                | 30     | 31       |
| 10:00-12:00 Vélo<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>14:00-17:00 Randonnée |        |          |



**L'Aire des Seniors**  
**57, route de Certoux**  
**1258 Perly-Certoux**

# Septembre 2025

| Septembre 2025 |      |      |      |      |      |      |
|----------------|------|------|------|------|------|------|
| Lun.           | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
| 1              | 2    | 3    | 4    | 5    | 6    | 7    |
| 8              | 9    | 10   | 11   | 12   | 13   | 14   |
| 15             | 16   | 17   | 18   | 19   | 20   | 21   |
| 22             | 23   | 24   | 25   | 26   | 27   | 28   |
| 29             | 30   |      |      |      |      |      |

| Octobre 2025 |      |      |      |      |      |      |
|--------------|------|------|------|------|------|------|
| Lun.         | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|              |      | 1    | 2    | 3    | 4    | 5    |
| 6            | 7    | 8    | 9    | 10   | 11   | 12   |
| 13           | 14   | 15   | 16   | 17   | 18   | 19   |
| 20           | 21   | 22   | 23   | 24   | 25   | 26   |
| 27           | 28   | 29   | 30   | 31   |      |      |

| Lundi                                |  | Mardi                                                                                               |  | Mercredi                                                                                                                                                                         |  | Jeudi                                                                                                |  | Vendredi                                                                 |  | Samedi    |  | Dimanche                  |  |
|--------------------------------------|--|-----------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------|--|-----------|--|---------------------------|--|
| <b>1. Septembre</b>                  |  | <b>2</b>                                                                                            |  | <b>3</b>                                                                                                                                                                         |  | <b>4</b>                                                                                             |  | <b>5</b>                                                                 |  | <b>6</b>  |  | <b>7</b>                  |  |
| 18:00-19:00 Yoga                     |  | 10:00-11:30 Espace rencontre<br>12:00-15:00 Repas d'été<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts |  | 08:00-17:00 Ornithologie<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                                                                                                                 |  | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux |  | 10:00-11:30 Informatique                                                 |  |           |  |                           |  |
| <b>8</b>                             |  | <b>9</b>                                                                                            |  | <b>10</b>                                                                                                                                                                        |  | <b>11</b>                                                                                            |  | <b>12</b>                                                                |  | <b>13</b> |  | <b>14</b>                 |  |
| 10:00-12:00 Vélo<br>18:00-19:00 Yoga |  | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts                            |  | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               |  |                                                                                                      |  | 10:00-11:30 Informatique                                                 |  |           |  |                           |  |
| <b>15</b>                            |  | <b>16</b>                                                                                           |  | <b>17</b>                                                                                                                                                                        |  | <b>18</b>                                                                                            |  | <b>19</b>                                                                |  | <b>20</b> |  | <b>21</b>                 |  |
| 17:00-19:00 Film<br>18:00-19:00 Yoga |  | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts                            |  | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               |  | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux |  | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |  |           |  |                           |  |
| <b>22</b>                            |  | <b>23</b>                                                                                           |  | <b>24</b>                                                                                                                                                                        |  | <b>25</b>                                                                                            |  | <b>26</b>                                                                |  | <b>27</b> |  | <b>28</b>                 |  |
| 10:00-12:00 Vélo<br>18:00-19:00 Yoga |  | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts                            |  | 08:00-17:00 Balade ornitho<br>08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga |  | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux |  | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym<br>14:00-17:00 Randonnée |  |           |  | 10:00-15:00 Marche du CAD |  |
| <b>29</b>                            |  | <b>30</b>                                                                                           |  | <b>1. Octobre</b>                                                                                                                                                                |  | <b>2</b>                                                                                             |  | <b>3</b>                                                                 |  | <b>4</b>  |  | <b>5</b>                  |  |
| 18:00-19:00 Yoga                     |  | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts                            |  | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               |  | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux |  | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |  |           |  |                           |  |



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# Octobre 2025

| Octobre 2025 |      |      |      |      |      |      |
|--------------|------|------|------|------|------|------|
| Lun.         | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|              |      | 1    | 2    | 3    | 4    | 5    |
| 6            | 7    | 8    | 9    | 10   | 11   | 12   |
| 13           | 14   | 15   | 16   | 17   | 18   | 19   |
| 20           | 21   | 22   | 23   | 24   | 25   | 26   |
| 27           | 28   | 29   | 30   | 31   |      |      |

| Novembre 2025 |      |      |      |      |      |      |
|---------------|------|------|------|------|------|------|
| Lun.          | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|               |      |      |      |      | 1    | 2    |
| 3             | 4    | 5    | 6    | 7    | 8    | 9    |
| 10            | 11   | 12   | 13   | 14   | 15   | 16   |
| 17            | 18   | 19   | 20   | 21   | 22   | 23   |
| 24            | 25   | 26   | 27   | 28   | 29   | 30   |

| Lundi                                | Mardi                                                                    | Mercredi                                                                                                                                                                         | Jeudi                                                                                                | Vendredi                                                                 | Samedi             | Dimanche  |
|--------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------|-----------|
| <b>29. Septembre</b>                 | <b>30</b>                                                                | <b>1. Octobre</b>                                                                                                                                                                | <b>2</b>                                                                                             | <b>3</b>                                                                 | <b>4</b>           | <b>5</b>  |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>6</b>                             | <b>7</b>                                                                 | <b>8</b>                                                                                                                                                                         | <b>9</b>                                                                                             | <b>10</b>                                                                | <b>11</b>          | <b>12</b> |
| 10:00-12:00 Vélo<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>13</b>                            | <b>14</b>                                                                | <b>15</b>                                                                                                                                                                        | <b>16</b>                                                                                            | <b>17</b>                                                                | <b>18</b>          | <b>19</b> |
| 17:00-19:00 Film<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:00-15:00 Balade ornitho<br>08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 08:00-18:00 Excursion<br>09:30-11:00 Improvisation<br>14:00-17:00 Jass et jeux                       | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>20</b>                            | <b>21</b>                                                                | <b>22</b>                                                                                                                                                                        | <b>23</b>                                                                                            | <b>24</b>                                                                | <b>25</b>          | <b>26</b> |
|                                      | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque                     | 14:30-15:30 Anglais                                                                                                                                                              | 14:00-17:00 Jass et jeux                                                                             | 10:00-11:30 Informatique                                                 |                    |           |
| <b>27</b>                            | <b>28</b>                                                                | <b>29</b>                                                                                                                                                                        | <b>30</b>                                                                                            | <b>31</b>                                                                | <b>1. Novembre</b> | <b>2</b>  |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym<br>14:00-17:00 Randonnée |                    |           |



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# Novembre 2025

| Novembre 2025 |      |      |      |      |      |      |
|---------------|------|------|------|------|------|------|
| Lun.          | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|               |      |      |      |      | 1    | 2    |
| 3             | 4    | 5    | 6    | 7    | 8    | 9    |
| 10            | 11   | 12   | 13   | 14   | 15   | 16   |
| 17            | 18   | 19   | 20   | 21   | 22   | 23   |
| 24            | 25   | 26   | 27   | 28   | 29   | 30   |

| Décembre 2025 |      |      |      |      |      |      |
|---------------|------|------|------|------|------|------|
| Lun.          | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
| 1             | 2    | 3    | 4    | 5    | 6    | 7    |
| 8             | 9    | 10   | 11   | 12   | 13   | 14   |
| 15            | 16   | 17   | 18   | 19   | 20   | 21   |
| 22            | 23   | 24   | 25   | 26   | 27   | 28   |
| 29            | 30   | 31   |      |      |      |      |

| Lundi                                | Mardi                                                                    | Mercredi                                                                                                                                           | Jeudi                                                                                                                            | Vendredi                                                                 | Samedi             | Dimanche  |
|--------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------|-----------|
| <b>27. Octobre</b>                   | <b>28</b>                                                                | <b>29</b>                                                                                                                                          | <b>30</b>                                                                                                                        | <b>31</b>                                                                | <b>1. Novembre</b> | <b>2</b>  |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux                             | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym<br>14:00-17:00 Randonnée |                    |           |
| <b>3</b>                             | <b>4</b>                                                                 | <b>5</b>                                                                                                                                           | <b>6</b>                                                                                                                         | <b>7</b>                                                                 | <b>8</b>           | <b>9</b>  |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux                             | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>10</b>                            | <b>11</b>                                                                | <b>12</b>                                                                                                                                          | <b>13</b>                                                                                                                        | <b>14</b>                                                                | <b>15</b>          | <b>16</b> |
| 17:00-19:00 Film<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>09:30-11:00 Self-défense<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>17</b>                            | <b>18</b>                                                                | <b>19</b>                                                                                                                                          | <b>20</b>                                                                                                                        | <b>21</b>                                                                | <b>22</b>          | <b>23</b> |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>09:30-11:00 Self-défense<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |
| <b>24</b>                            | <b>25</b>                                                                | <b>26</b>                                                                                                                                          | <b>27</b>                                                                                                                        | <b>28</b>                                                                | <b>29</b>          | <b>30</b> |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>09:30-11:00 Self-défense<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym                          |                    |           |



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**57, route de Certoux**  
**1258 Perly-Certoux**

# Décembre 2025

| Décembre 2025 |      |      |      |      |      |      |
|---------------|------|------|------|------|------|------|
| Lun.          | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
| 1             | 2    | 3    | 4    | 5    | 6    | 7    |
| 8             | 9    | 10   | 11   | 12   | 13   | 14   |
| 15            | 16   | 17   | 18   | 19   | 20   | 21   |
| 22            | 23   | 24   | 25   | 26   | 27   | 28   |
| 29            | 30   | 31   |      |      |      |      |

| Janvier 2026 |      |      |      |      |      |      |
|--------------|------|------|------|------|------|------|
| Lun.         | Mar. | Mer. | Jeu. | Ven. | Sam. | Dim. |
|              |      |      | 1    | 2    | 3    | 4    |
| 5            | 6    | 7    | 8    | 9    | 10   | 11   |
| 12           | 13   | 14   | 15   | 16   | 17   | 18   |
| 19           | 20   | 21   | 22   | 23   | 24   | 25   |
| 26           | 27   | 28   | 29   | 30   | 31   |      |

| Lundi                                | Mardi                                                                    | Mercredi                                                                                                                                                                         | Jeudi                                                                                                                                        | Vendredi                                        | Samedi    | Dimanche  |
|--------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------|-----------|
| <b>1. Décembre</b>                   | <b>2</b>                                                                 | <b>3</b>                                                                                                                                                                         | <b>4</b>                                                                                                                                     | <b>5</b>                                        | <b>6</b>  | <b>7</b>  |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               | 09:30-11:00 Improvisation<br>09:30-11:00 Self-défense<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux             | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym |           |           |
| <b>8</b>                             | <b>9</b>                                                                 | <b>10</b>                                                                                                                                                                        | <b>11</b>                                                                                                                                    | <b>12</b>                                       | <b>13</b> | <b>14</b> |
| 17:00-19:00 Film<br>18:00-19:00 Yoga | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:00-16:00 Balade ornitho<br>08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga | 09:30-11:00 Improvisation<br>09:30-11:00 Self-défense<br>10:00-11:00 Méditation<br>12:00-15:00 Choucroute de l'E<br>14:00-17:00 Jass et jeux | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym |           |           |
| <b>15</b>                            | <b>16</b>                                                                | <b>17</b>                                                                                                                                                                        | <b>18</b>                                                                                                                                    | <b>19</b>                                       | <b>20</b> | <b>21</b> |
| 18:00-19:00 Yoga                     | 10:00-11:30 Espace rencontre<br>14:00-17:00 Pétanque<br>15:00-17:00 Arts | 08:40-09:40 Gym posturale<br>09:45-10:45 Gym posturale<br>10:50-11:50 Gym posturale<br>14:30-15:30 Anglais<br>16:00-17:00 Yoga<br>17:00-18:00 Yoga                               | 09:30-11:00 Improvisation<br>10:00-11:00 Méditation<br>14:00-15:30 Danse<br>14:00-17:00 Jass et jeux                                         | 10:00-11:30 Informatique<br>11:00-11:45 Aquagym |           |           |
| <b>22</b>                            | <b>23</b>                                                                | <b>24</b>                                                                                                                                                                        | <b>25</b>                                                                                                                                    | <b>26</b>                                       | <b>27</b> | <b>28</b> |
|                                      |                                                                          |                                                                                                                                                                                  |                                                                                                                                              |                                                 |           |           |
| <b>29</b>                            | <b>30</b>                                                                | <b>31</b>                                                                                                                                                                        | <b>1. Janvier</b>                                                                                                                            | <b>2</b>                                        | <b>3</b>  | <b>4</b>  |
|                                      |                                                                          |                                                                                                                                                                                  |                                                                                                                                              |                                                 |           |           |