



BEAU-RIVAGE PALACE
LAUSANNE SWITZERLAND

NOS ACTIVITÉS SPORTIVES OUR SPORTS ACTIVITIES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h00	CAF (Cuisses- Abdo-Fessier)		Yoga Vinyasa		
10h00	Yoga Vinyasa- Ashtanga	Core Training (spé. Abdo)	CAF (Cuisses- Abdo-Fessier)	Stretching Mobility	CAF (Cuisses- Abdo-Fessier)
11h00		Yoga Hatha			
15h00	Stretching Mobility	CAF (Cuisses- Abdo-Fessier)	Stretching Mobility	CAF (Cuisses- Abdo-Fessier)	Core Training (spé. Abdo)
18h30		Yin Yoga			

