

## Planning for the use of the Room A-813

Updated: 24/01/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 - 9.00		Zumba Fitness		Zumba CAF	
9.00 - 10.00					GYMNASTICS (UNWG)
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00	PILATES	FITNESS	PILATES	YOGA	FITNESS
13.00 - 14.00	YOGA	TABLE TENNIS	FITNESS	DANCE CLUB	TABLE TENNIS
14.00 - 15.00					
15.00 - 16.00					
16.00 - 17.00					
17.00 - 18.00		PILATES	RESPIRATION KI		
18.00 - 19.00	FITNESS	PILATES 18h15-19h15	DANCE CLUB	Tai Chi	
19.00 - 20.00	Bollywood dance			TABLE TENNIS	TABLE TENNIS

If this schedule needs to be updated, please contact the Staff Council at: [coord\\_council@unog.ch](mailto:coord_council@unog.ch)

Any changes not informed to the Staff Council will not be valid.

If a club ceases to use a time slot, it is kindly requested to inform the Staff Council to allow room for others.

Contact details of clubs can be found at: [www.staffcoordinatingcouncil.org/index.php/clubs](http://www.staffcoordinatingcouncil.org/index.php/clubs)

## Planning for the use of the Room A-459

Updated: 24/01/2017

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 - 9.00					
9.00 - 10.00					
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00	SOPHROLOGY		PILATES	SOPHROLOGY	PILATES
13.00 - 14.00	SOPHROLOGY	POSTURAL STRETCHING	PILATES	Meditation	JOY
14.00 - 15.00		POSTURAL STRETCHING			
15.00 - 16.00					
16.00 - 17.00					
17.00 - 18.00					
18.00 - 19.00					
19.00 - 20.00					

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