



PLANNING

Swiss Dojo - Centre d'Arts corporels et de Culture - Saillon - Saison 2025-2026

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	REZ	ETAGE	REZ	ETAGE	REZ	ETAGE	REZ	ETAGE	REZ	ETAGE
07h00										
07h30										
08h00	Nettoyage	Nettoyage								
08h30	Nettoyage	Nettoyage	Capoeira		Capoeira					
09h00	Nettoyage	Nettoyage	Capoeira		Capoeira		Capoeira	Yoga	Capoeira	
09h30	Nettoyage	Nettoyage			Gym Tonic / Gym Douce		Capoeira	Yoga	Capoeira	
10h00	Nettoyage	Nettoyage			Gym Tonic / Gym Douce			Yoga		
10h30	Nettoyage	Nettoyage								
11h00										
11h30										
12h00										
12h30										
13h00										
13h30										
14h00										
14h30							Pro Senectute			
15h00		Capoeira					Pro Senectute			
15h30		Capoeira					Pro Senectute			
16h00							Pro Senectute			
16h30		Budo 1		Budo 2						
17h00		Budo 1		Budo 2						
17h30										
18h00		Pilates		Kids Dance	Danse contemporaine					
18h30	Tai Chi	Pilates	Tai Chi	Kids Dance	Danse contemporaine	Just Dance I				
19h00	Tai Chi		Tai Chi	Kung Fu Shaolin	Danse contemporaine	Just Dance I	Yoga		Kung Fu Shaolin	
19h30	Tai Chi	Karate-Do	Qi Gong & Accords vibr.	Kung Fu Shaolin	Danse contemporaine	Just Dance II	Yoga	Kyudo	Kung Fu Shaolin	
20h00		Karate-Do	Qi Gong & Accords vibr.	Kung Fu Shaolin	Danse contemporaine	Just Dance II	Yoga	Kyudo	Kung Fu Shaolin	Nettoyage
20h30		Karate-Do	Qi Gong & Accords vibr.		Danse contemporaine			Kyudo	Nettoyage	Nettoyage
21h00									Nettoyage	Nettoyage
21h30									Nettoyage	Nettoyage
22h00										
22h30										