AISA

YOUR AISA NEWS FEBRUARY 2023



NOTEBOOK OF NEWS

AISA committee

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Honorary President

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Anthony Martin
Vincent Rivoire
Active members

Richard Arbo
Xavier Castello
AISC Representatives

Discover the new AISA website www.airbus-staff-associations.org

NEW MEMBERSHIP MANAGEMENT SOFTWARE: CNIL NOTICE

The data collected on your registration forms will be processed into our IT system to populate our members' records. All data will be handled by the AISA secretariat and its recipients will be the Presidents, Secretaries and Treasurers of the AISA sport and cultural Societies, as well as the AISA Board members. In accordance with the provisions of the Data Protection and Freedom of Information Act of January 6, 1978 amended in 2004 ('Loi informatique et libertés'), you have the right to access and rectify your personal information. To exercise this right, please contact one of the AISA Activity Coordinators (AISA Secretariat, 8 Rue Georges Lequiem in BLAGNAC). In addition you are entitled, on legitimate grounds, to object to the processing of any data relating to you. In this case, the service proposed via this data collection will not be taken into account.

Editorial

Dear Friends,

The new year began with our traditional Galette des Rois, which brought together all our volunteers and gave us an opportunity to thank them for all their hard work. The laid-back, friendly event was attended by Airbus management, our social partners and friends from AISC. I would like to extend my sincere thanks to everyone who came along, for their friendship and the highly efficient work they accomplish on behalf of Airbus Staff Associations.

Let me take this opportunity to remind you that the Travel and Tourism Trade Show held in January was a great success, and gave everyone the chance to discover or rediscover the 24 associations that make up AISA. As you know, AISA is an association under the terms of the French 1901 Law, and is run by volunteers, without whom none of this would be possible. Volunteering helps us get to know ourselves better, and is a wonderfully enriching human experience. If you are interested in AISA and have some free time to help us, please get in touch with the society committees to offer them your support.

While the Ski season is now in full swing on the slopes of the Pyrenees, with the Ski Society leading the way, the Well Being Society is offering two physical exercise sessions per week as part of the Sport and Health programme, run by a qualified instructor. Fun and progressive, these sessions are aimed at anyone who wants to take up a physical activity to get in shape and feel better. Other sporting activities will be planned on campus 3 with support from the AISA associations.

Enjoy reading the latest issue!

Kind regards,



Jean-Claude MAMAR
Executive Founding President
Airbus Staff Associations

Airbus Staff Associations

Administration

IMPORTANT AISA MESSAGE

All activities will be organized subject to compliance with applicable public health guidelines, and are therefore subject to cancellation if necessary.



You can sign up at any time during the year.

The administration office assistants are at your service, every day except Wednesday, from 13:00 to 17:00, to answer your questions about how the 24 societies that make up AISA work, and what they have to offer. The membership fee is €20 per person per society.

- **For new members**, please sign up at the AISA office; please bring a photo ID, your medical certificate dated within the last three months, payment means (bank card or cheque), and the photo authorisation (model available on our website *airbus-staff-associations.org*, in the "Practical information," section
- 2022-2023 membership **renewals**, you can renew online at *www.aistaff.fr* using your personal account. Please feel free to contact us if you've forgotten your password. You can renew membership for the 2022-2023 season at any time throughout the year. It will be valid until 15 September 2023.

Remember that if you have a **medical certificate prescribed after 1 September 2020,** you need to download the "Health questionnaire" sworn statement when you sign up. The medical certificate, which is valid for three years for most sports, must cover the whole AISA season.

Non-compliant statements or certificates cannot be accepted. Please be sure to send the required documents and carefully read the AISA membership registration procedure, designed to facilitate your membership application. Incomplete applications will be placed on the waiting list, which will delay your validation. So please be sure to double check.

You will find detailed information for each AISA society, as well as all the documents (health questionnaire "QS-Sport", the sworn statement "Health Questionnaire" and medical certificate) necessary for registration, on the AISA website:
airbus-staff-associations.org

Please feel free to direct any questions to our secretariat:
account.staff-associations@aisc-airbus.com

We hope you enjoy this month's News,

See you soon,
Valérie, Olga et Ingrid.

Thought for the month

" Volunteering is the gift of yourself to others, an act of love for humanity. "

Josiane Coeijmans

Events - February

SOCIETY	DATES	TIMES	EVENTS	VENUE
Cultural	Monday 13, 27	11:30 - 13:30	Office hours	Room 21
Well Being	Thursday 2, 16	12:30 - 13:30	Office hours	Room 21
Martial Art	Tuesday 14	18:00	Annual General Meeting	Room 22
Wind & Wave	Thursday 16	18:30	Annual General Meeting	Room 22

Running Society.

There has been a strong upsurge in Running Society activities over the past few months, with several races on the calendar, including the Grand Raid des Pyrénées and the Toulouse triathlon. Some races that had stopped, such as the Black Mountain Trail, are back on track, and spots are often snapped up very quickly. Most races are now careful to comply with good environmental practices, so you won't see any plastic cups, and t-shirts are rarely handed out.

Please sign up and take part in this year's races, either to keep fit or get back in shape. You can consult the list of sponsored races by entering your login details on the AISA website. Thanks to Franck, our website is always up to date. Running remains a sport that's easy for anyone to take up, and is a great way of boosting your immune system if you jog on a regular basis.

Our optional coached activities on Tuesdays and Thursdays are proving very popular, and everyone appreciates the communicative cheerfulness of our coach Vincent, who manages to adopt exactly the right approach with everyone, regardless of their level. Most of the people who take part regularly in these coached activities have made real progress over the past few years, avoiding "diesel" running, which is useful but doesn't lead to real progress.

Nordic Walking is also part of the wider Running Society family. This group of dynamic walkers, made up of both women and men, meets once a week on Thursdays from 12:00 to 13:15, led by our coach Guillaume. Nordic Walking is a total-body sport combining endurance and muscle strengthening. It can be done by anyone, regardless of age or how fit you are. Nordic Walking is also a competitive sport, and can be done using a stopwatch: trying to beat the stopwatch can be a great personal challenge for anyone looking to boost their performance.

If you fancy trying out this activity, please come along for a trial session on any Thursday that suits.

We hope to see you soon, with your trainers on! Sporting regards,

Airbus Running Section.



Ski Society.

Dear ski and snow-board enthusiasts,

Ski Society registrations for the 2022-2023 season are now open. Information about hiring ski equipment is available on the Ski Society website: *airbus-staff-associations.org*

THE PROVISIONAL SCHEDULE OF OUTINGS:

DESCRIPTION	DATE	REGISTRATIONS START
28 January - 4 February 2023	Week	Tignes
Sunday 5 February 2023	One day (08:00)	Peyragudes
Saturday 11 February 2023	One day	Piau Engaly
Sunday 12 February 2023	One day	Bonascre
Saturday 18 February 2023	One day	Pas de la Case (Granvalira)
Sunday 19 February 2023	No outing	-
Saturday 25 February 2023	One day	Baqueira
Week-end 24 - 26 February 2023	Week-end 5: 2 days/2 nights	Cerler
Saturday 4 March 2023	One day	Porté-Puymorens
Sunday 5 March 2023	One day	Saint-Lary
10 - 14 March 2023	Mini-stay	2 Alpes
Sunday 12 March 2023	One day	Peyragudes
Saturday 18 March 2023	One day	Super-Bagnères
Sunday 19 March 2023	One day (08:00)	Le Mourtis
Saturday 25 March 2023	One day	Pas de la Case (Granvalira)
Week-end 24 - 26 March 2023	Week-end 6: 2 days/2 nights	Pas de la Case (Granvalira)
Sunday 2 April 2023	One day	Place to be confirmed
Saturday 8 April 2023	One day	Place to be confirmed

FOR WEEKENDS AND WEEK-LONG OUTINGS, PLEASE NOTE:

DESCRIPTION	DATE	REGISTRATIONS START
Week-end 5 in Cerler *Departure on Friday evening*	24-26 February	17 January
Week-end in the Alps at Les 2 Alpes resort *Return trip by night bus*	10-14 March	In progress
Week-end 6 in Grandvalira *Departure on Friday evening*	24-26 March	14 February

See you soon on the slopes,

The Ski Society Executive Committee



Squash Society.

The Airbus Squash Society would like to congratulate Florian Nicolas for his victory at the 3rd Edition of the Open des Ailes held on 9 and 10 December at Squash et Form in Blagnac. It was a great, friendly day for squash fans. The Squash Society would like to thank all the volunteers for their valuable contribution to the event.

See you again next year for a new edition!



OUR ACTIVITIES 2023

A quarterly friendly tournament will be scheduled in February (info to follow by email).

As for the inter-company competition, no less than three company teams (15 male players and one female player) will defend our colours in the Occitanie League championship, with the ambition of winning a ticket for the national championships (to be held in Bordeaux in June).
The big event will undoubtedly be our participation in the European Company Sport Games also in Bordeaux in June, at which nine players will take on teams from European companies.

At federal level, the two “Bruniera” teams, led by Olivier and François, are working hard to achieve their goal: to stay in division 2 at regional level. While Team 1 ended the phase in a comfortable position in 5th place, Team 2 is struggling to move up from the bottom of the table (11 place). Let’s hope that the return matches (January to May) will get them back on track.

A “masters” team (Christine Vigier, Patrick Badoz, Olivier Cahuzac) took part in the French championships in Cuers, in the Var department, on 28 January. Check out the results in next month’s edition.

Lastly, several Society members have decided to take the plunge by signing up for the seniors’ singles championships (Occitanie qualification matches on 11 February in Carcassonne) to try and win their ticket to the French championships (to be held in Lille in May).

Golf Society.

2022 TURKEY TROT

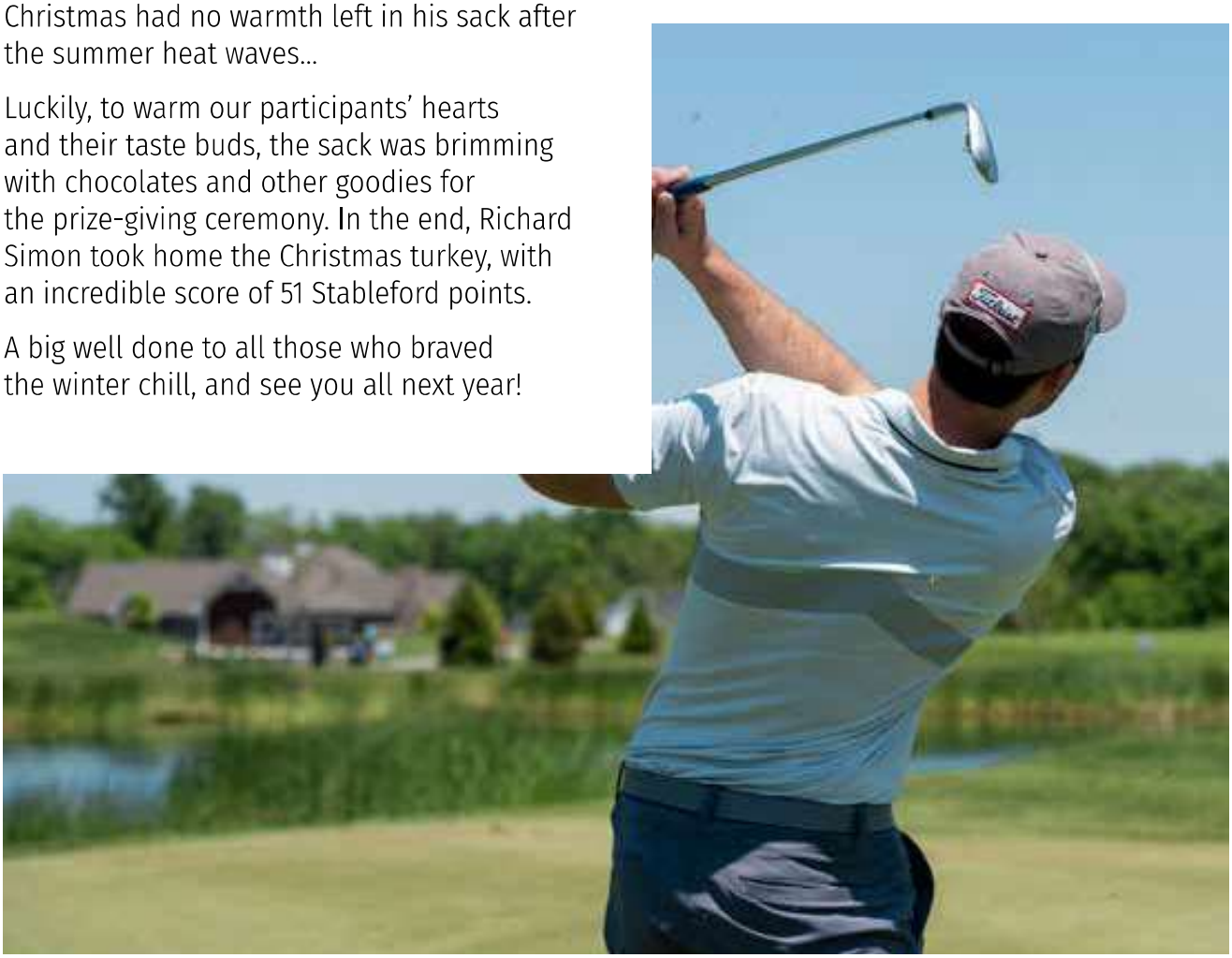
Every year, the golf season ends with the Christmas competition, a fun event where participants compete to win the traditional Christmas turkey.



The 2022 version was held on the yellow course at Toulouse-Seilh golf club, and 19 golfers - women and men - competed despite freezing cold weather and a fairly strong wind: rather strange, considering that the organiser, Mike Jones, had asked Father Christmas for a warm, dry day. Although the rain held off, it would appear that Father Christmas had no warmth left in his sack after the summer heat waves...

Luckily, to warm our participants' hearts and their taste buds, the sack was brimming with chocolates and other goodies for the prize-giving ceremony. In the end, Richard Simon took home the Christmas turkey, with an incredible score of 51 Stableford points.

A big well done to all those who braved the winter chill, and see you all next year!



AGS AGENDA FOR FEBRUARY/MARCH

DATE	LOCATION	EVENT TYPE
Saturday 11 February	Golf de Garonne	Challenge Tour / compact
Thursday 16 February	La Ramée	Ladies' Day
Saturday 18 February	La Ramée - Compact	Pitch & Putt
Tuesday 21 February	La Ramée	Seniors' Day
Saturday 25 February	La Ramée	Airbus Tour
Saturday 4 March	Golf de Garonne	Pitch & Putt
Tuesday 7 March	Téoula	Ladies' Day
Sunday 12 March	La Ramée	League
Tuesday 14 March	Téoula	Seniors' Day
Saturday 18 March	Château Barbet	Challenge Tour
Saturday 25 March	Montauban	Airbus Tour

Tasting.



We hope that you are well!

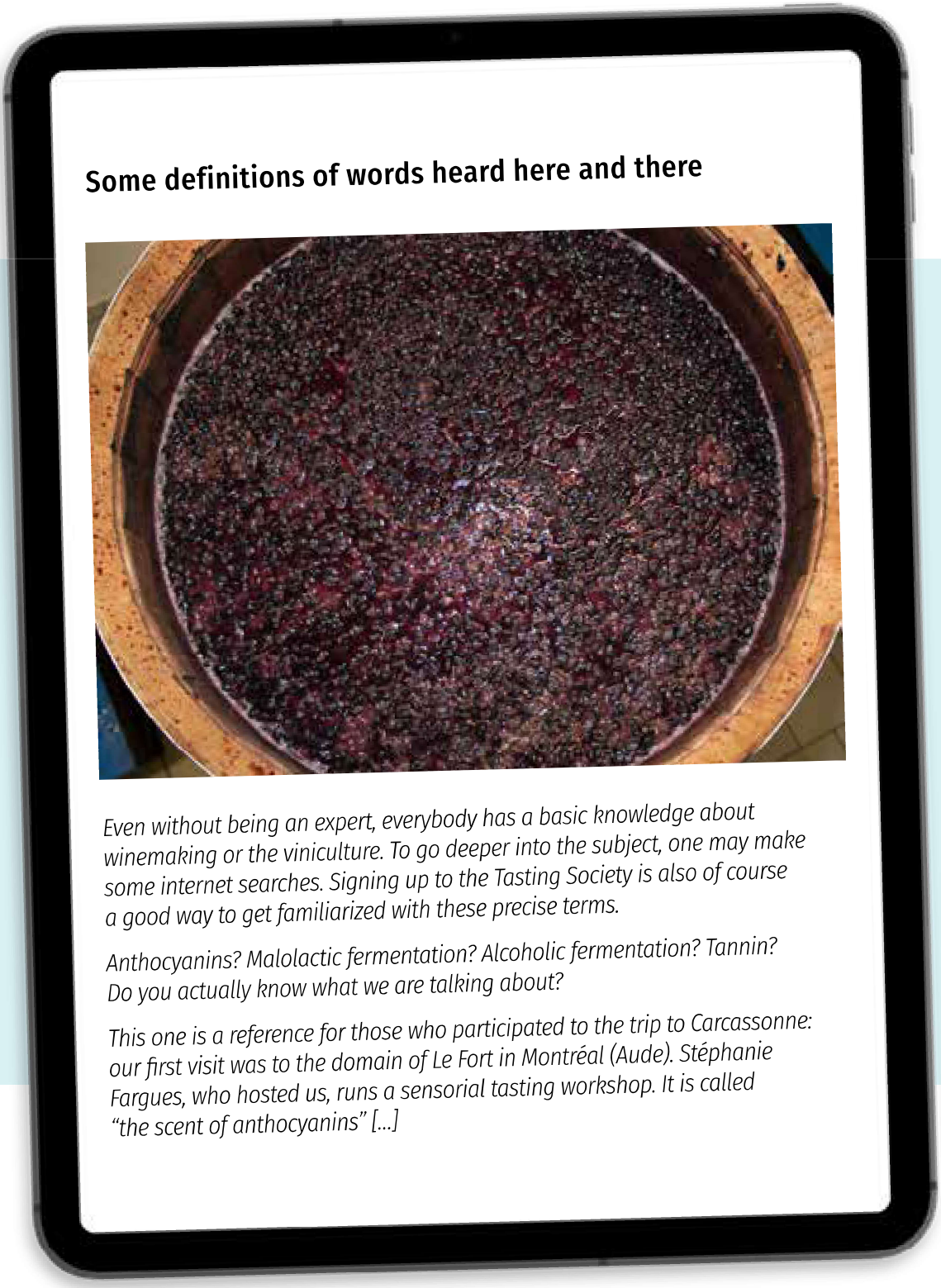
Please find below the schedule for February and March (to be confirmed by email):

11 February	Baking workshop “Ispharan with lychee/rose”
15 February	“Cheese and wines” tasting
8 March	“Wines of Limoux” tasting
24 March	Cooking Class “Corsican cuisine and wines”
24 March	General Assembly





On next page a short extract from the article to keep you in the Tasting spirit.



Fancy reading the full article? You'll find it on the AISA website, Tasting Society, and - for members - in the January Newsletter. Take care. See you soon,

Contact: *tasting.society@airbus.com*

The Tasting Society Committee

Cultural Society.

The Airbus Cultural Society and its volunteers offer you a host of activities including drawing, theatre performances, library, painting, porcelain painting, Italian and Japanese lessons, scrapbooking, chorus, music, photography, film-making and drones, along with CAB (Cars and Bikes), cultural and gourmet outings with vintage cars.

Contact us, come along and meet us during our office hours on the 1st and 3rd Monday of the month (12:15-13:45) on the AISC ground floor. Information is free - you can sign up during the year!!!

CULTURAL

the terms cover a whole host of activities offered by the Cultural Society :

- **Shows and conferences** at special rates.
  Contact: Gabrielle Cardona
  cardona.gabrielle@gmail.com
- **Language lessons** in Italian or Japanese for beginners or more advanced learners.
  Contact: Sylvia Barkate
  sylvia.barkate@orange.fr



- **The Library**, many works available on the 1st and 3rd Monday of the month, on the AISC ground floor .
  Contact: Irène Berthon
  irene.berthon@airbus.com
- **A Writing Workshop**, to laugh, write and dream together. Contact: Karelle Bournat
  karelle.bournat@airbus.com
- **CAB,** outings with fans of vintage cars, culture and local cuisine.
  Contact: Gérard Delsaut
  gérard.delsaut@airbus.com

ARTS AND CRAFTS

This big family of experienced or future artists is split into several groups:

- **Painting, Watercolours**, classes in a workshop with passionate art teachers.
  Contact: Michèle Lacombe
  milacombe31@gmail.com
- **Drawing**, with the participation of talented artists specialised in pencil and charcoal drawing, pastels, etc.
  Contact: Viviane Grateau
  viviane.grateau@airbus.com
- **Picture framing**, for bringing images, photos and drawings to life.
  Contact: Françoise Lamailloux
  lamaillouxf@aol.com
- **Porcelain Painting**, with a qualified teacher.
  Contact: Aline Tremosa
  aline.tremosa@airbus.com
- **Scrapbooking**, a creative activity anyone can try their hand at.
  Contact: Sophie Born
  born.heiko@neuf.fr

DIGITAL ARTS

This category covers the following activities:

- **Photography and Film-Making**, lessons, meeting people, exchanges, exhibitions, and possibility of borrowing equipment at any time.
  Contacts: Pierre Dero *p.dero@orange.fr* and André Taytard *andre.taytard@airbus.com*
- **Drones**, operation, shooting images, sharing knowledge Contact: Pascal Henry *pascal.henry@airbus.com*

THE PERFORMING ARTS

Split into the following activities:

- **A Classical Chorus** (La voix des Airs), on the agenda this season, Requiem by Cherubini.
  Contact: Anne Gisèle Musy *agmusy@orange.fr*
- **A Modern Chorus** (Aérosio), to get together and sing hits by the Beatles, Cabrel, Jimmy Cliff, and lots more.
  Contact: Isabelle Boniface *isabelle.boniface@airbus.com*





- **Jazz and Rock groups**, you don't have to be the next Miles Davis or Freddie Mercury to join in. Contacts: Thierry Favier *thierry.favier@airbus.com* and Delphine Paillon *delphine.paillon@airbus.com*
- **Latino dancing**, for beginners and more experienced dancers, with a qualified dance teacher. Contact: Monica Boucays *monique.boucays@bbox.fr*

LAST MINUTE

- **A soul workshop**, the great Motown and Stax soul tracks from the 1970s to present day, is in the pipeline. This is a wonderful opportunity for a bass guitarist, trombonist and trumpet player. The group will be coached by Samuel Dumont.
  Contact: Nathalie Roul *nathalie.roul@bbox.fr*

Well Being Society.

Hello everyone,

The Well Being Society listens carefully to your comments and improvement ideas, and offers you different formulas to suit your needs and make sure everyone stays WELL: **weekly** and/or **occasional activities** in the form of **group classes** and **workshops** or **massage/light therapy sessions**, that you can book via Extraclub.

SOUND THERAPY NEW

From 1 February, the Well Being Society is delighted to offer you a **new 1-hour weekly class: sound relaxation with therapeutic bowls, as well as a Sound Journey**. These two activities will be available alternately and run by Béatrice Orgueil.

- **Sound relaxation:** The feeling of well-being comes from a combination of sounds and silence; you may even find yourself letting go completely. Therapeutic bowls have many benefits: they lower stress and anxiety levels, improve sleep and harmonise your different states: energy, mental and physical health, etc.
- **Sound journey:** Through the use of therapeutic bowls, Shamanic drums, Native American flutes, chimes and other instruments, you will be transported to faraway lands, to places that spark memories. Give your imagination room to express itself.

Not recommended for people with heart problems or a pacemaker, epilepsy sufferers and pregnant women.

Sessions last for one hour and are held on a mat. Loose clothing required. Remember to bring a blanket.

- Date and venues: Wednesdays from 12:30 to 13:30 in the Jean-Claude room
- Register directly on Extraclub for €100, classes from 1 February to 28 June.

A minimum number of participants is required for the activity to begin.



MASSAGES / LIGHT THERAPY

Our Christmas offer - “one free introductory session to light therapy” - was a resounding success. A big thank you to Anne-Marie and the whole team of volunteers.

We have made some changes to the schedule to take your requests into consideration. Please consult Extraclub for details.

▶ B55 Fitness Center room (LOTUS room)
Reminder: Only members with a badge can access the B55 building!

- **Monday to Thursday:** Four 30-minute slots from **11:30 to 14:00** // Three 30-minute slots from **17:20 to 19:10**
- **Friday:** Four 30-minute slots from **11:30 to 14:00**

▶ AISC room 31

- **Wednesday** (AMMA/Korean massage) and **Thursday** (Thai massage): Four 30-minute slots from **11:30 to 14:00**
- **Tuesday** (face, head and hand reflexology): Two one-hour slots between **17:20 and 19:10**
- **Friday** (face, head and hand reflexology): Two one-hour slots between **11:30 and 14:00**

All the sessions are led by qualified practitioners. Each session lasts for 30 minutes or one hour.

▶ Price: €18 for a 30-minute massage; €10 for a 30-minute light therapy session.

Except for the AMMA massage (max. 30 minutes), the other massage and light therapy sessions can be combined. Currently, there is **no limit to booking per person per month. Make the most of it!**



MBE (WELL-BEING MOVEMENT)

February-June schedule:

A combination of YOGA, DO-IN, Qi Gong and energy-boosting and sensory movements, MBE invites you to apply mindfulness to a set of movements designed to achieve perfect balance between body and mind.

▶ **Zoom classes** (on **Wednesdays**): 1 February, 15 February, 1 March, 15 March, 29 March, 12 April, 26 April, 10 May, 17 May, 31 May, 14 June, 28 June

▶ **In-person classes** (on **Fridays**): 10 February, 24 February, 10 March, 24 March, 7 April, 21 April, 5 May, 26 May, 9 June, 23 June.

To find out everything you need to know about this activity, please get in touch with Daniela *daniela.llinas@airbus.com* or Christian

HYPOPRESSIVE EXERCISES FOR BETTER POSTURE

Run by Karine, this activity already has a good following on **Thursday mornings at 7:45**. If that time doesn't suit your schedule, we are delighted to offer you a new session on **Thursdays from 12:30 to 13:30**.

Sessions last for one hour and are held on a mat. Loose clothing required. Remember to bring a blanket.

▶ Date and Venues:

- **Thursdays from 7:45 to 8:45** in the AISC large Gym hall.
- **Thursdays from 12:30 to 13:30** in the Claude HOLTZ room (in Blagnac, near Leclerc).

Register directly on Extraclub for **€100, classes from 1 February to 28 June**

At least 9 participants are required for the activity to begin.

Please contact Christian *christian.morin@airbus.com*



WELL BEING WORKSHOPS

On Thursdays, the Well Being Society offers you conference-workshops on a range of topics.

- On **9 February**, Isabelle Palau will host a **conference-workshop on "Public speaking"**. Learn how to manage your stress before and during your presentation. (Mental preparation and techniques).
- The **"Understanding and responding to (pre)burnout!" workshop** will be held at some point during **February/March**.

▶ Register directly on Extraclub. A minimum number of participants is required to confirm the workshops.

▶ Price: €15.

SPORT AND HEALTH NEW

Run by Marianne, sport and health is getting a new format from February onwards, offering you two sessions per week and personalised follow-up.

▶ **Active walking class** on Mondays from 12:15 to 13:15 at Odyssud, departs from AISC.

▶ 45-minute **Cross Training session** on Fridays from 12:15 to 13:15, departs from Airbus CAMPUS 3 pitch.

To find out more, please get in touch with Marianne *marianne.sagot@airbus.com*

PERSONAL DEVELOPMENT THROUGH NEW

"Boxing/personal development" has a solid fan base! It is possible to build up self-esteem and cope with personal problems by practising martial arts techniques on Thursday evenings, as part of a group class run by Estelle, who is also on hand to offer advice.

Join the AISA Well Being Society (€20 + €10 participation fee covering the whole year).

To find out more, please get in touch with Estelle *estelle.poulin@airbus.com*





MULTIMEDIA LIBRARY

Our multimedia library is growing every day, and now offers a very broad range of books, journals, CDs and DVDs on the topic of Well-Being.

- Open **from 12:30 to 13:30** in **AISC room 21** on **Thursday 2 and 16 February**

You can consult all the resources as required, just get in touch with *cathy.brugghe@airbus.com*

Take care.
L'équipe AISA WELL BEING.

You can get all the information you need about our activities from the AISA reception desk and on request.

- For any questions about Well Being, please contact us: *aisa.wb@airbus.com*
- Details and membership conditions can be found here: *airbus-staff-associations.org*

NEW

- To contact the Fitness Center room: *aisafitnesscenter@gmail.com* and/or by phone on 05 81 31 75 18 during opening hours.

Gym Yoga Society.

FEBRUARY: NEW AIGS FEATURES FOR 2023 HAVE BEEN IN PLACE FOR A MONTH NOW!

Since January, you have the option of registering on a session-by-session basis!

This new registration/cancellation method was set up to satisfy as many people as possible, improve attendance at in-person classes and give you more flexibility, given the personal and professional constraints we all have to cope with.

The system seems to be working well. It lets everyone choose two lunchtime sessions, which may be different from one week to the next.

Registration for each class opens 2 weeks and 3 hours before the start, so that people have plenty of time to log on to the booking service (which avoids overload). Most importantly, though, it gives everyone a chance to sign up every week.

Thank you for helping to make this system a success.

In January, extra slots were added to diversify our offer, share good times together and look after ourselves:

- **Yoga** on Thursday lunchtimes,
- **Stick Mobility** on Wednesday lunchtimes,
- **Cardio & Coaching** on Tuesday mornings,
- **Gym equipment** on Tuesday mornings and in the evenings (Monday/Wednesday),
- **Stretching** on Tuesday lunchtimes.

We are also delighted to welcome Séverine for Yoga, Clémence for Dynamic Workout and Eve for Fitness Dance (back from maternity leave). We were also able to keep Laurie on Mondays, for a Body Bar class.

It's not too late to join us for **group classes** in the B55 building and/or at AISC! Each wave of new members allows us to open new slots. Spread the word!

The annual **subscription** of €100 lets you practice all disciplines on an almost daily basis, and unlimited video sessions.

You only need to "book" lunchtime slots. There is free access for all members in the morning and evening.

The AIGS Committee is here to help you make an informed decision, so contact us: *gymyoga.society@airbus.com*

See you soon!

GYM/YOGA ACTIVITY TIMETABLE

No signing up required for morning and evening sessions, within the limits of the room capacity (25-30, depending on the activity).

QUOTAS: Maximum of 2 coloured sessions per week / Only 1 coloured Pilates session per week

Classes in B55 are for Airbus badge holders only

ZOOM PARTICIPATION CONDITIONS: Participants must be on the GYM YOGA plan. Participants must connect from outside Airbus premises and must not use company equipment. Unlimited access.

AIRBUS STAFF ASSOCIATIONS

QUOTAS: Maximum of 2 coloured sessions per week /Only 1 coloured Pilates session per week

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	AISC Room		Project	Project	Project	Stretching *Frank* 07:50-08:50
	B55 Diamant Room		Cardio & Coaching *Cham. - Franck* 07:30-08:30 / Gym equipment N 07:30-08:30	Project 07:30-08:30	Project 07:30-08:30	Project 07:30-08:30
LUNCHTIME	AISC Room	Hatha Yoga *Philippe* 12:00-12:55	Dynamic Workout N *Clémence* 12:00-12:55	Muscle Strengthening *Bakhta* 12:00-12:55	Dynamic Workout *Frank* 12:00-12:55	Fitness Dance *Ève* 12:00-12:55
		Fitness Dance N *Ève* 13:00-13:45/14:00*	Stretching N *Frank* 13:00-13:45/14:00*	Pilates *Laurence* 13:00-13:45/14:00*	Hatha Yoga N *Séverine* 13:00-13:45/14:00*	Project 13:00-13:45/14:00*
	B55 Sun Room	Stretching *Chameleon - Laurie* 12:00-12:55	Pilates *Laurence* 12:00-12:55	Hatha Yoga *Philippe* 12:00-12:55	Muscle Strengthening *Bakhta* 12:00-12:55	Hatha Yoga *Philippe* 12:00-12:55
		Muscle Strengthening Body barre N *Chameleon - Laurie* 13:00-13:45/14:00*	Pilates *Laurence* 13:00-13:45/14:00*	Stretching Stick Mobility N *Chameleon - Frank* 13:00-13:45/14:00*	Pilates *Bakhta* 13:00-13:45/14:00*	Balance Fitness *Cham. - Didier* 13:00-13:45/14:00*
	B55 Diamant Room	Cardio & Coaching *Cham. - David* 12:15-13:15 / Gym equipment 12:15-13:15	Cardio & Coaching *Cham. - Max* 12:15-13:00 / Gym equipment 12:15-13:00	Cardio & Coaching *Cham. - Max* 12:15-13:15 / Gym equipment 12:15-13:15	Cardio & Coaching *Cham. - David* 12:15-13:15 / Gym equipment 12:15-13:15	Project 12:15-13:15
		Project 13:15-14:00	Cardio & Coaching *Cham. - Max* 13:00-13:45 / Gym equipment 13:00-13:45	Project 13:15-14:00	Project 13:15-14:00	Project 13:15-14:00
EVENING	AISC Room	Balance Fitness *Chameleon - Didier* 18:15-19:15	Muscle Strengthening *Bakhta* 18:15-19:15	Project 18:15-19:15	Zumba *Laurence* 18:15-19:15	Project 17:30-18:30
	B55 Sun Room	Muscle Strengthening - Body Sculpt *Chameleon - Franck* 18:15-19:15	Pilates *Laurence* 18:15-19:15	Muscle Strengthening - Exercise Ball *Chameleon - Didier* 18:15-19:15	Hatha Yoga *Philippe* 18:15-19:15	
	B55 Diamant Room	Gym equipment N 18:15-19:00	Project 18:15-19:00	Gym equipment N 18:15-19:00	Project 18:15-19:00	

Gentle activity/Pilates / Gentle/moderate cardio Yoga Individual training

N New Cours disponible en visio **session ends at 14:00, participants may leave from 13:45*