

Saison : **2025** --- **2026**

Calendrier des activités de "Mieux Vivre"



| SEPTEMBRE |     | OCTOBRE           |  | NOVEMBRE |     | DÉCEMBRE          |  | JANVIER |     | FÉVRIER           |    | MARS |                   | AVRIL |     | MAI               |    | JUIN |                   |    |     |                   |    |     |                   |
|-----------|-----|-------------------|--|----------|-----|-------------------|--|---------|-----|-------------------|----|------|-------------------|-------|-----|-------------------|----|------|-------------------|----|-----|-------------------|----|-----|-------------------|
| 01        | lun |                   |  | 01       | sam |                   |  | 01      | lun |                   | 01 | dim  |                   | 01    | mer | Qi Gong           | 01 | ven  |                   | 01 | lun |                   |    |     |                   |
| 02        | mar |                   |  | 02       | dim |                   |  | 02      | mar | Yoga B. & P.      | 02 | ven  |                   | 02    | lun |                   | 02 | jeu  | Sophro            | 02 | sam | Qi Gong           | 02 | mar | Yoga B. & P.      |
| 03        | mer |                   |  | 03       | ven | Pil.A/Pil.E/Yog.P |  | 03      | mer | Qi Gong           | 03 | sam  | Qi Gong           | 03    | mar | Yoga B. & P.      | 03 | mer  | Pil.A/Pil.E/Yog.P | 03 | dim |                   | 03 | mer | Qi Gong           |
| 04        | jeu |                   |  | 04       | sam | Qi Gong           |  | 04      | mar | Yoga B. & P.      | 04 | jeu  | Sophro            | 04    | dim |                   | 04 | mer  | Qi Gong           | 04 | mer | Qi Gong           | 04 | sam | Qi Gong           |
| 05        | ven |                   |  | 05       | dim |                   |  | 05      | mer | Qi Gong           | 05 | ven  | Pil.A/Pil.E/Yog.P | 05    | lun |                   | 05 | jeu  | Sophro            | 05 | jeu | Sophro            | 05 | dim |                   |
| 06        | sam |                   |  | 06       | lun |                   |  | 06      | jeu | Sophro            | 06 | sam  |                   | 06    | mar | Yoga P.           | 06 | ven  | Pil.A/Pil.E/Yog.P | 06 | ven | Pil.A/Pil.E/Yog.P | 06 | lun |                   |
| 07        | dim |                   |  | 07       | mar | Yoga B. & P.      |  | 07      | ven | Pil.A/Pil.E/Yog.P | 07 | dim  |                   | 07    | mer | Qi Gong           | 07 | sam  | Qi Gong           | 07 | sam | Qi Gong           | 07 | mar | Yoga B. & P.      |
| 08        | lun |                   |  | 08       | mer | Qi Gong           |  | 08      | sam | Qi Gong           | 08 | lun  |                   | 08    | jeu |                   | 08 | dim  |                   | 08 | dim |                   | 08 | mer | Qi Gong           |
| 09        | mar | Yoga P.           |  | 09       | jeu | Sophro            |  | 09      | dim |                   | 09 | mar  | Yoga B. & P.      | 09    | ven | Pil.A/Pil.E/Yog.P | 09 | lun  |                   | 09 | lun |                   | 09 | jeu | Sophro            |
| 10        | mer |                   |  | 10       | ven | Pil.A/Yog.P       |  | 10      | lun |                   | 10 | mer  | Qi Gong           | 10    | sam | Qi Gong           | 10 | mar  | Yoga B. & P.      | 10 | mar | Yoga B. & P.      | 10 | ven | Pil.A/Pil.E/Yog.P |
| 11        | jeu |                   |  | 11       | sam | Qi Gong           |  | 11      | mar |                   | 11 | jeu  | Sophro            | 11    | dim |                   | 11 | mer  | Qi Gong           | 11 | mer | Qi Gong           | 11 | sam | Qi Gong           |
| 12        | ven | Pil.A/Pil.E/Yog.P |  | 12       | dim |                   |  | 12      | mer | Qi Gong           | 12 | ven  | Pil.A/Pil.E/Yog.P | 12    | lun |                   | 12 | jeu  | Sophro            | 12 | jeu | Sophro            | 12 | dim |                   |
| 13        | sam | Qi Gong           |  | 13       | lun |                   |  | 13      | jeu | Sophro            | 13 | sam  | Qi Gong           | 13    | mar | Yoga B. & P.      | 13 | ven  | Pil.A/Pil.E/Yog.P | 13 | ven | Pil.A/Pil.E/Yog.P | 13 | lun |                   |
| 14        | dim |                   |  | 14       | mar | Yoga B. & P.      |  | 14      | ven | Pil.A/Pil.E/Yog.P | 14 | dim  |                   | 14    | mer | Qi Gong           | 14 | sam  | Qi Gong           | 14 | sam | Qi Gong           | 14 | mar |                   |
| 15        | lun |                   |  | 15       | mer | Qi Gong           |  | 15      | sam | Qi Gong           | 15 | lun  |                   | 15    | jeu | Sophro            | 15 | dim  |                   | 15 | dim |                   | 15 | mer |                   |
| 16        | mar | Yoga B. & P.      |  | 16       | jeu | Sophro            |  | 16      | dim |                   | 16 | mar  | Yoga B. & P.      | 16    | ven | Pil.A/Pil.E/Yog.P | 16 | lun  |                   | 16 | lun |                   | 16 | jeu |                   |
| 17        | mer | Qi Gong           |  | 17       | ven | Pil.A/Pil.E/Yog.P |  | 17      | lun |                   | 17 | mer  |                   | 17    | sam | Qi Gong           | 17 | mar  |                   | 17 | mar | Yoga B. & P.      | 17 | ven |                   |
| 18        | jeu | Sophro            |  | 18       | sam | Qi Gong           |  | 18      | mar | Yoga B. & P.      | 18 | jeu  | Sophro            | 18    | dim |                   | 18 | mer  |                   | 18 | mer | Qi Gong           | 18 | sam |                   |
| 19        | ven | Pil.A/Pil.E/Yog.P |  | 19       | dim |                   |  | 19      | mer | Qi Gong           | 19 | ven  | Pil.A/Pil.E/Yog.P | 19    | lun |                   | 19 | jeu  |                   | 19 | jeu | Sophro            | 19 | dim |                   |
| 20        | sam | Qi Gong           |  | 20       | lun |                   |  | 20      | jeu | Sophro            | 20 | sam  | Qi Gong           | 20    | mar | Yoga B. & P.      | 20 | ven  |                   | 20 | ven | Pil.A/Pil.E/Yog.P | 20 | lun |                   |
| 21        | dim |                   |  | 21       | mar | Yoga B.           |  | 21      | ven | Pil.A/Pil.E/Yog.P | 21 | dim  |                   | 21    | mer | Qi Gong           | 21 | sam  |                   | 21 | sam | Qi Gong           | 21 | mar |                   |
| 22        | lun |                   |  | 22       | mer |                   |  | 22      | sam | Qi Gong           | 22 | lun  |                   | 22    | jeu | Sophro            | 22 | dim  |                   | 22 | dim |                   | 22 | mer |                   |
| 23        | mar | Yoga B. & P.      |  | 23       | jeu |                   |  | 23      | dim |                   | 23 | mar  | Yoga B. & P.      | 23    | ven | Pil.A/Pil.E/Yog.P | 23 | lun  |                   | 23 | lun |                   | 23 | jeu |                   |
| 24        | mer | Qi Gong           |  | 24       | ven |                   |  | 24      | lun |                   | 24 | mer  |                   | 24    | sam | Qi Gong           | 24 | mar  |                   | 24 | mar | Yoga B. & P.      | 24 | ven |                   |
| 25        | jeu | Sophro            |  | 25       | sam |                   |  | 25      | mar | Yoga B. & P.      | 25 | jeu  |                   | 25    | dim |                   | 25 | mer  |                   | 25 | mer | Qi Gong           | 25 | sam |                   |
| 26        | ven | Pil.A/Pil.E/Yog.P |  | 26       | dim |                   |  | 26      | mer | Qi Gong           | 26 | ven  |                   | 26    | lun |                   | 26 | jeu  |                   | 26 | jeu | Sophro            | 26 | dim |                   |
| 27        | sam | Qi Gong           |  | 27       | lun |                   |  | 27      | jeu | Sophro            | 27 | sam  |                   | 27    | mar | Yoga B. & P.      | 27 | ven  |                   | 27 | ven | Pil.A/Pil.E/Yog.P | 27 | lun |                   |
| 28        | dim |                   |  | 28       | mar |                   |  | 28      | ven | Pil.A/Pil.E/Yog.P | 28 | dim  |                   | 28    | mer | Qi Gong           | 28 | sam  |                   | 28 | sam |                   | 28 | mar |                   |
| 29        | lun |                   |  | 29       | mer |                   |  | 29      | sam | Qi Gong           | 29 | lun  |                   | 29    | jeu | Sophro            | 29 | lun  |                   | 29 | jeu | Sophro            | 29 | dim |                   |
| 30        | mar | Yoga B. & P.      |  | 30       | jeu |                   |  | 30      | dim |                   | 30 | mar  |                   | 30    | ven | Pil.A/Pil.E/Yog.P | 30 | lun  |                   | 30 | lun |                   | 30 | jeu |                   |
|           |     |                   |  | 31       | ven |                   |  | 31      | mer |                   | 31 | sam  | Qi Gong           |       |     |                   | 31 | mar  | Yoga B. & P.      |    |     |                   | 31 | dim |                   |

Vacances scolaires  
 Yoga B = Tonique (Brigitte)    Yoga P = Doux (Peggy)

Pil.A = Pilates Axel

Pil.E = Pilates Etienne

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