

Planning of sports room A-813

Updated: 24/01/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 - 9.00		Zumba (dance club)	Zumba (dance club)		
9.00 - 10.00		UN Women's Guild (beginners Yoga)			UNWG (Yoga)
10.00 - 11.00	UN Women's Guild (Pilates)	UN Women's Guild (advanced Yoga)	UN Women's Guild (Pilates/body toning)		
11.00 - 12.00					
12.00 - 13.00	PILATES (Club santé bien-être)	FITNESS CLUB	PILATES (Club santé bien-être)	YOGA CLUB	FITNESS CLUB
13.00 - 14.00	YOGA CLUB	TABLE TENNIS CLUB	FITNESS CLUB	Zumba (dance club)	TABLE TENNIS CLUB
14.00 - 15.00					
15.00 - 16.00					
16.00 - 17.00					
17.00 - 18.00		PILATES (Club santé bien-être)		Security Club	Security Club
18.00 - 19.00	FITNESS CLUB		Oriental dance (dance club)		
19.00 - 20.00				TABLE TENNIS CLUB	TABLE TENNIS CLUB

Planning of multipurpose room E-2060-1

	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	POSTURAL STRETCHING	PILATES	SOPHROLOGY	PILATES
13.00 - 14.00	SOPHROLOGY	POSTURAL STRETCHING	PILATES	Meditation	
14.00 - 15.00					
15.00 - 16.00					
16.00 - 17.00					
17.00 - 18.00					
18.00 - 19.00					
19.00 - 20.00					

To inquire on available timeslots or general information, please contact: froylan.silveira@un.org.

Any changes need to be validated with the Staff Council.

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

Club contact details can be found at: www.staffcoordinatingcouncil.org