

Planning of club activities' room at Dépendence La Pelouse

Updated: 18 August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 - 9.00				Pilates	
9.00 - 10.00					
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00	Kriyayoga	Yoga with Sari	Pilates (Self-Care Club)		
13.00 - 14.00	Yoga (Self-Care Club)	Yoga Nidra and Meditation	Table Tennis	Yoga with Sari	Table Tennis
14.00 - 15.00				Mindfulness Club	
15.00 - 16.00					
16.00 - 17.00		Mindfulness Club			
17.00 - 18.00				Pilates	
18.00 - 19.00			Dance Club		Dance Club
19.00 - 20.00	Table Tennis			Table Tennis	

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

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

Club contact details can be found at: www.unogstaffunion.org/staff-clubs