

## Planning of club activities' room at Dépendence La Pelouse

Updated: 21 June 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 - 9.00				Pilates	
9.00 - 10.00		Mindfulness			
10.00 - 11.00					
11.00 - 12.00	Sound bath (fortnightly)			Spanish book club (11:45-12.45)	
12.00 - 13.00		Kriyayoga	Pilates		Kriyayoga
13.00 - 14.00		Yoga Nidra & Meditation-Care	Table Tennis	Yoga	Table Tennis
14.00 - 15.00					
15.00 - 16.00					
16.00 - 17.00		Mindfulness Club			
17.00 - 18.00					
18.00 - 19.00	Security		Dance Club	Pilates	Dance Club
19.00 - 20.00	Table Tennis			Table Tennis	

To inquire on available timeslots or general information, please contact: [unogstaffunion@un.org](mailto: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](http://www.unogstaffunion.org/staff-clubs)