La Canopée est un pavillon de détente proposé par la Ville de Genève.

Activités proposées par le Service des sports de la Ville de Genève.

Tous les mercredis, du 6 juillet au 7 septembre de 15h30 à 18h15, des animations et jeux pour petits et grands seront proposés par la Ludothèque des Eaux-Vives.

# Juin

| | | | |
|---|---|---|---|
| Samedi | 11 | CAF | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 12 | Booty Sculpt | 9h30-10h30 |
| | | Cardio Sculpt | 11h00-12h00 |
| Lundi | 13 | Afro training | 8h30-9h30 |
| | | Cross training | 10h00-11h00 |
| Mardi | 14 | CAF | 8h30-9h30 |
| | | Hiit full body | 10h00-11h00 |
| Mercredi | 15 | Body balance | 8h30-9h30 |
| | | Cardio Sculpt | 10h00-11h00 |
| Jeudi | 16 | CAF | 8h30-9h30 |
| | | Total Sculpt | 10h00-11h00 |
| Vendredi | 17 | Body balance | 8h30-9h30 |
| | | Cardio boxing | 10h00-11h00 |
| Samedi | 18 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 19 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| Lundi | 20 | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 21 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 22 | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 23 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 24 | Cardio Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 25 | Pilates | 9h30-10h30 |
| | | Yoga | 11h00-12h00 |
| Dimanche | 26 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| Lundi | 27 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 28 | Stretching | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 29 | Qi Gong | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 30 | CAF | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Booty Sculpt | 18h30-19h30 |

# Juillet

| | | | |
|---|---|---|---|
| Vendredi | 1 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 2 | Yoga | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Dimanche | 3 | Tai-chi | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Lundi | 4 | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 5 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 6 | Yoga | 8h30-9h30 |
| | | Méditation | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 7 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 8 | Cardio Sculpt | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 9 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 10 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| Lundi | 11 | Morning Booster | 7h45-8h15 |
| | | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 12 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 13 | Morning Booster | 7h45-8h15 |
| | | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 14 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 15 | Cardio Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Total Sculpt | 18h30-19h30 |
| Samedi | 16 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 17 | Yoga | 9h30-10h30 |
| | | Meditation | 11h00-12h00 |
| Lundi | 18 | Morning Booster | 7h45-8h15 |
| | | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 19 | Stretching | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 20 | Morning Booster | 7h45-8h15 |
| | | Body balance | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 21 | CAF | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 22 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 23 | Yoga | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Dimanche | 24 | Tai-chi | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Lundi | 25 | Morning Booster | 7h45-8h15 |
| | | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 26 | Stretching | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 27 | Morning Booster | 7h45-8h15 |
| | | Qi Gong | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 28 | CAF | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 29 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 30 | Yoga | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Dimanche | 31 | Tai-chi | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |

# Août

| | | | |
|---|---|---|---|
| Lundi | 1 | Morning Booster | 7h45-8h15 |
| | | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 2 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 3 | Morning Booster | 7h45-8h15 |
| | | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 4 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 5 | Cardio Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 6 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 7 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| Lundi | 8 | Morning Booster | 7h45-8h15 |
| | | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 9 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 10 | Morning Booster | 7h45-8h15 |
| | | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 11 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 12 | Cardio Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 13 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 14 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| | | Slackline | 13h00-18h00 |
| Lundi | 15 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 16 | Stretching | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 17 | Qi Gong | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 18 | CAF | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 19 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 20 | Yoga | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Dimanche | 21 | Tai-chi | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Lundi | 22 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 23 | Stretching | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 24 | Body balance | 8h30-9h30 |
| | | Zumba | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 25 | CAF | 8h30-9h30 |
| | | Danse | 10h00-11h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 26 | Pilates | 8h30-9h30 |
| | | CAF | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 27 | Yoga | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| Dimanche | 28 | Tai-chi | 9h30-10h30 |
| | | Zumba | 11h00-12h00 |
| | | Slackline | 13h00-18h00 |
| Lundi | 29 | Coordination Workout | 8h30-9h30 |
| | | Core training | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 30 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 31 | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |

# Septembre

| | | | |
|---|---|---|---|
| Jeudi | 1 | Core training | 8h30-9h30 |
| | | Pilates | 10h00-11h00 |
| | | Feldenkrais gym douce | 17h00-18h00 |
| | | Booty Sculpt | 18h30-19h30 |
| Vendredi | 2 | Cardio Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Cardio Sculpt | 18h30-19h30 |
| Samedi | 3 | Pilates | 9h30-10h30 |
| | | Smooth Workout | 11h00-12h00 |
| Dimanche | 4 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| Lundi | 5 | Core training | 8h30-9h30 |
| | | Coordination Workout | 10h00-11h00 |
| | | Swedish Fit | 18h30-19h30 |
| Mardi | 6 | Pilates | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Body combat | 18h30-19h30 |
| Mercredi | 7 | Smooth Workout | 8h30-9h30 |
| | | Mobilité stretching | 10h00-11h00 |
| | | Ludothèque | 15h30-18h15 |
| | | Hiit full body | 18h30-19h30 |
| Jeudi | 8 | Jeûne Genevois | |
| Samedi | 10 | Cardio boxing | 9h30-10h30 |
| | | Hiit full body | 11h00-12h00 |
| Dimanche | 11 | Yoga | 9h30-10h30 |
| | | Méditation | 11h00-12h00 |
| | | Slackline | 13h00-18h00 |

La Canopée

La Canopée est un pavillon de détente proposé par la Ville de Genève.

Activités proposées par le Service des sports de la Ville de Genève.

Tous les mercredis, du 6 juillet au 7 septembre de 15h30 à 18h15, des animations et jeux pour petits et grands seront proposés par la Ludothèque des Eaux-Vives.

Ce programme peut être soumis à des changements.

www.geneve.ch/canopee

Lud
Ludothèque des Eaux-Vives

VILLE DE GENÈVE