

SPORTS 2026 - 2027

LEVEL	TIMETABLE	LOCATION	ORGANISER	CONTACT
PARENT AND TODDLER WORKOUT				
All levels	Tuesday 09h15 to 10h00	Room R - 020	Konstantina Fytrou	E-mail
CHILDRENS BALLET				
4-5 ans	Wednesday 09h30 to 10h30	Room E - 003	Konstantina Fytrou	E-mail
6-7 ans	Friday 17h00 to 18h00	Room E - 003	Konstantina Fytrou	E-mail
GYMNASTICS				
	Tuesday 09h00 to 10h00	Room E - 003	Martine Quinlan	E-mail
KONSTANTINAS WORKOUTS				
Intensive workout	Friday 09h00 to 10h00	Room E - 003	Konstantina Fytrou	E-mail
Soft Workout	Friday 10h00 to 11h00	Room E-003	Konstantina Fytrou	E-mail
Gym	Wednesday 10h30 to 11h15	Room E-003	Konstantina Fytrou	E-mail
GENTLE WALKING				
Every Thursday	10h00 to 12h00 (All year)	Meyrin Swimming Pool (Chemin Louis Rendu)	Françoise Gaudin	E-mail
HIKING				
Full day with 700m+ altitude gain	Thursday		Kristiina	E-mail
Hikes in the region with moderate altitude gain	Thursday		Kristiina	E-mail