

Planning provisoire activités salle des sports septembre 2018

	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi		
	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	
8H/9H	training Karima						training Karima											STAGENOSELS
9H/10H	Gym Karima	Michel		Gym Michel	Michel	Stretching Sibille	Gym Karima	Michel	Pilates Lorraine	Gym Michel	Michel	Stretching Sibille	Gym Karima	Michel	Pilates Lorraine	danse Anne	Michel	
10H/11H	Gym Karima	Michel	CRECHE		Michel		Gym Karima	Michel	Pilates Lorraine		Michel	CRECHE	Gym Karima	Michel	Pilates Lorraine	danse Anne	Michel	
11H/12H	ECOLE	Michel	ECOLE		Michel	ECOLE		Michel			Michel	ECOLE	ECOLE	Michel	ECOLE	danse Anne	Michel	
12H/13H																		
13H/14H	ECOLE		ECOLE	ECOLE		ECOLE						ECOLE		ECOLE	ECOLE		ECOLE	
14H/15H	ECOLE		ECOLE	ECOLE		ECOLE	danse Anne		Judo Bernard			ECOLE		ECOLE	ECOLE		ECOLE	
15H/16H						Sophro A Patricia	danse Anne		Judo Bernard									
16H/17H	Tai Ji Qi Gong	Michel			Michel		danse Anne	Michel	Judo Bernard		Michel			Michel				
17H/18H	Tai Ji Qi Gong	Michel	Judo Bernard	danse Anne	Michel		danse Anne	Michel	Judo Bernard	Zumba Karima	Michel		danse Anne	Michel				
18H/19H	Yoga Edith	Michel	Judo Bernard	danse Anne	Michel	Gym Julie	Tai Ji Qi Gong	Michel		Zumba Karima	Michel	arts martiaux mixtes Yann	danse Anne	Michel				
19H/20H	Yoga Edith	Michel		danse Anne	Michel	Gym Julie	Tai Ji Qi Gong	Michel	Sophro A Patricia	Cardio boxe Yann	Michel	Cross Fit Karima	Gym Michel	Michel				

ACTIVITES NON MUNICIPALES *		
Karima	CIRCUIT TRAINING KARIMA	adult
Karima	ZUMBA / DANSE ORIENTALE / CROSS FIT	ados
Anne	DANCE JAZZ	kid/ado
Sibille	STRETCHING POSTURAL	adult
Edith	HATHA YOGA	adult
Lorraine	PILATES	adult
Patricia	SOPHROLOGIE / Relaxation guidée	ados/adult
Qi Gong	TAI JI - QI GONG	adult
Margo	SELF DEFENSE	adult/ado

Activites municipales	
GYM municipale Michel /Karima/Julie adultes	
ECOLE	
JUDO	