

Planning activités salle des sports 2019

	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi		
	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo	Gym	Muscu	Dojo
8H/9H	circuit training						circuit training						circuit training					
9H/10H	Gym Karima	Michel		Gym Michel	Michel	stretching postural	Gym Karima	Michel		Gym Michel	Michel	stretching postural	Gym Karima	Michel		danse jazz	Michel	
10H/11H	Gym Karima	Michel	ECOLE		Michel	CRECHE	Gym Karima	Michel			Michel	CRECHE	Gym Karima	Michel		danse jazz	Michel	self défense
11H/12H	ECOLE	Michel	ECOLE		Michel			Michel			Michel	ECOLE	ECOLE	Michel	ECOLE	danse jazz	Michel	self défense
12H/13H									Pilates	Yoga M								
13H/14H	ECOLE		ECOLE									ECOLE		ECOLE	ECOLE		ECOLE	
14H/15H	ECOLE		ECOLE				Danse jazz	Karima	Judo Bernard			ECOLE		ECOLE	ECOLE			
15H/16H						sophrologie	Danse jazz	Karima	Judo Bernard									
16H/17H	Tai Ji	Michel			Michel		Danse jazz	Michel	Judo Bernard	pilates	Michel			Michel				
17H/18H	Ji Gong	Michel	Judo Bernard	Danse jazz	Michel		Danse jazz	Michel	Judo Bernard	Gym Karima	Michel		Danse jazz	Michel				
18H/19H	Yoga	Michel	Judo Bernard	Danse jazz	Michel		Tai Ji	Michel		Gym Karima	Michel	Arts martiaux	Danse jazz	Michel				
19H/20H	Yoga	Michel		Danse jazz	Michel		Tai Ji	Michel		Cardio boxe	Michel	Body burn boxe	Gym Michel	Michel				

Cardio boxe - arts martiaux - Yann

Circuit training - pilates - body burn boxe - Karima

Danse - Anne

Self défense - Margot

Sophrologie - Patricia

stretching postural - Clarisse

Tai Ji et Ji Gong - Paul

Yoga - Marion

Yoga - Edith