

## Planning activités salle des sports

	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																		
9H/10H	renfort musculaire	muscu	ECOLE	gym traditionnelle	muscu	stretching postural		muscu		gym traditionnelle	muscu	stretching postural	abdo fessiers	muscu	ECOLE	danse jazz	muscu	
10H/11H		muscu	ECOLE	Pilates	muscu	CRECHE		muscu	yoga		muscu	CRECHE	cross training	muscu	ECOLE	danse jazz	muscu	self défense
11H/12H	ECOLE	muscu	ECOLE	Pilates	muscu			muscu	yoga	ECOLE	muscu	ECOLE	stretching*	muscu	ECOLE	danse jazz	muscu	self défense
12H/13H																		
13H/14H	ECOLE		ECOLE							ECOLE		ECOLE	ECOLE		ECOLE			
14H/15H	ECOLE		ECOLE				Danse jazz		Judo Bernard	ECOLE		ECOLE	ECOLE		ECOLE			
15H/16H	ECOLE		ECOLE				Danse jazz		Judo Bernard									
16H/17H	Tai Ji	muscu	ECOLE		muscu		Danse jazz	muscu	Judo Bernard	Pilates	muscu			muscu				
17H/18H	Ji Gong	muscu	Judo Bernard	Danse jazz	muscu	bodysculpt*	Danse jazz	muscu	Judo Bernard	Pilates	muscu		Danse jazz	muscu				
18H/19H	Yoga	muscu	Judo Bernard	Danse jazz	muscu	aerodance	Tai Ji	muscu	Judo Bernard	Tai Ji	muscu	Arts martiaux	Danse jazz	muscu				
19H/20H	Yoga	muscu		Danse jazz	muscu	stretching	Tai Ji	muscu		Tai Ji	muscu	Arts martiaux	gym traditionnelle	muscu				
20H/21H					musculaton					Tai Ji								

arts martiaux - Yann

danse - Anne

self défense - Margot

stretching postural - Clarisse

tai Ji et Ji Gong - Paul

yoga - HATHA YOGA Edith

(début des cours 9h15)