

			LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	9:00	9:15						
	9:15	9:30						
	9:30	10:00						
	10:00	10:15	Renfo adapté				Pilate Senior intermédiaire	
	10:15	10:30						
	10:30	10:45						
	10:45	11:00	Stretching		PP B			
	11:00	11:15					Pilate Senior débutant	
	11:15	11:30						GP + (sur selection)
	11:30	11:45						
	11:45	12:00			Eveils A			
	12:00	12:15						
	12:15	12:30						
	12:30	12:45						
	12:45	13:00						
	13:00	13:15						
	13:15	13:30						
	13:30	13:45						
	13:45	14:00						J 2
	14:00	14:15						
	14:15	14:30						
	14:30	14:45			J 1 - J 3			
	14:45	15:00						
	15:00	15:15						
	15:15	15:30						J 1
	15:30	15:45						
	15:45	16:00						
	16:00	16:15			Eveils B			
	16:15	16:30						
	16:30	16:45						
	16:45	17:00						
	17:00	17:15						
	17:15	17:30		PP A	GP A			
	17:30	17:45						
	17:45	18:00						
	18:00	18:15						
	18:15	18:30	Pilate A				J 3 - J 4	
	18:30	18:45						
	18:45	19:00				GP B		
	19:00	19:15		J 2				
	19:15	19:30	Pilate B		J 4 - AINEES			
	19:30	19:45						
	19:45	20:00						
	20:00	20:15						
	20:15	20:30				Gym Agrès adulte	AINEES	
	20:30	20:45	Parcours training					
	20:45	21:00						
	21:00	21:15						
	21:15	21:30						
	21:30	21:45						
	21:45	22:00						