

PROPOSITION DE PLANNING COURS GYM 2026 - 2027

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:00	09:15						
09:15	09:30						
09:30	09:45						
09:45	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 Gp2		Pilate Senior Débutant	GP + (sur selection)
11:00	11:15						
11:15	11:30						
11:30	11:45						
11:45	12:00						
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						J1 - J2
14:00	14:15						
14:15	14:30			J1 - J2			
14:30	14:45						
14:45	15:00						
15:00	15:15						
15:15	15:30						
15:30	15:45						
15:45	16:00						
16:00	16:15			Eveils			
16:15	16:30						
16:30	16:45						
16:45	17:00						
17:00	17:15						
17:15	17:30		PP Gp1	GP Gp1			
17:30	17:45						
17:45	18:00						
18:00	18:15						
18:15	18:30	Pilate A				J3	
18:30	18:45						
18:45	19:00				GP Gp2		
19:00	19:15						
19:15	19:30	Pilate B	J3	J4 - AINEES			
19:30	19:45						
19:45	20:00						
20:00	20:15						
20:15	20:30	Parcours training			Gym Agrès adulte	J4 - AINEES	
20:30	20:45						
20:45	21:00						
21:00	21:15						
21:15	21:30						
21:30	21:45						
21:45	22:00						