

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
9:00	9:15							
9:15	9:30							
9:30	10:00							
10:00	10:15	Renfo adapté		PP B		Pilate Senior intermédiaire		
10:15	10:30							
10:30	10:45							
10:45	11:00	Stretching				Pilate Senior débutant	GP + (sur selection)	
11:00	11:15							
11:15	11:30							
11:30	11:45		Eveils A					
11:45	12:00							
12:00	12:15							
12:15	12:30							
12:30	12:45							
12:45	13:00							
13:00	13:15						J 2	
13:15	13:30							
13:30	13:45							
13:45	14:00		J 1					
14:00	14:15							
14:15	14:30							
14:30	14:45							
14:45	15:00							
15:00	15:15						J 1	
15:15	15:30							
15:30	15:45							
15:45	16:00		Eveils B					
16:00	16:15							
16:15	16:30							
16:30	16:45							
16:45	17:00							
17:00	17:15		PP A	GP A		J 3 - J 4		
17:15	17:30							
17:30	17:45							
17:45	18:00							
18:00	18:15				GP B			
18:15	18:30	Pilate A		J3 - J 4 - AINEES				
18:30	18:45							
18:45	19:00							
19:00	19:15		J 2			AINEES		
19:15	19:30	Pilate B						
19:30	19:45							
19:45	20:00							
20:00	20:15			Gym Agrès adulte				
20:15	20:30	Parcours training						
20:30	20:45							
20:45	21:00							
21:00	21:15							
21:15	21:30							
21:30	21:45							
21:45	22:00							