

SAULCY

BRIDOUX

Autres

GYMNASE A

GYMNASE C

MUR

MUSCU

DOJO

Gymnase

Lundi 1/6

VOLLEY-BALL
18:00-20:00

MUSCU 12:15-13:45
MUSCU 16:30-18:00
MUSCU 18:00-19:30

Mardi 2/6

BADMINTON
18:00-19:30

MUSCU 12:15-13:45
MUSCU 16:30-18:00
MUSCU 18:00-19:30
MUSCU 19:30-21:00

PILATES (BMK)
12:15-13:15

Mercr. 3/6

BADMINTON
17:00-18:30

BASKET-BALL
18:30-20:00

MUSCU 17:00-18:30
MUSCU 18:30-20:00

Jeudi 4/6

MUSCU 16:30-18:00
MUSCU 18:00-19:30

LUTTE
18:00- 19:30

GreenVolley
17:00-20:00

Vendr. 5/6

Lundi 1/6

BRABOIS

| | | | |
|---------|----------------------------------|--------------------------------------|--------------------------------|
| Gymnase | Danse | Muscu | Escalade |
| | MÉDITATION 12:30-13:30 | MUSCU 18:00-19:30 | ESCALADE 18:00-20:00 |
| | VITA ZEN 18:00-19:30 | CROSS Training 19:30-21:00 | |

LEFEBVRE

| | | | |
|--|---------------------------------|-------------------------------|----------------------------|
| Gymnase | Salle1 | Salle2 | Salle3 |
| BADMINTON et TT (P.L.) 12:15-13:30 | PILATES 18:00-19:00 | FITBALL 12:30-13:30 | YOGA 19:00-20:30 |
| BADMINTON (P.L.) 18:30-20:00 | FIT DANCE 19:00-20:00 | | |

OCÉANAUTES

| | |
|-----------------------------------|-----------------|
| Gymnase | Piscine (cours) |
| MUSCULATION 18:00-19:30 | |
| VOLLEY-BALL 19:30-21:00 | |

AIGUILLETES

| | |
|------------------------------|-------------------------------------|
| Gymnase | Exterieur |
| TENNIS 18:00-19:30 | TENNIS (P.L.) 18:00-19:30 |
| TENNIS 19:30-21:00 | |

Autre

Mardi 2/6

BRABOIS

| | | | |
|--|-------------------------------|-----------------------------------|--------------------------------|
| BADMINTON (P.L.) 12:15-13:45 | ENERGYM 12:30-13:30 | MUSCULATION 12:15-13:15 | ESCALADE 18:00-20:00 |
| CROSS Training 18:00-19:30 | YOGA 18:00-19:30 | | |
| BASKET-BALL 19:30-21:00 | | | |

LEFEBVRE

| | | | |
|--|--|-------------------------------|--|
| | | QI GONG 12:30-13:30 | |
| | | SALSA 18:00-19:00 | |
| | | SALSA 19:00-20:00 | |

OCÉANAUTES

| | |
|--------------------------------------|------------------------------------|
| CROSS TRAINING 18:00-19:30 | AQUA-FITNESS 17:45-18:30 |
| BODY SCULPT 19:30-20:30 | B.N.S.S.A 19:00-21:00 |

AIGUILLETES

| | |
|-----------------------------------|-------------------------------------|
| TENNIS 18:00-19:30 | TENNIS (P.L.) 18:00-19:30 |
| VOLLEY-BALL 19:30-21:00 | |

Mercr. 3/6

BRABOIS

| | | |
|--|-------------------------------|--------------------------------|
| BADMINTON (P.L.) 12:15-13:30 | PILATES 12:30-13:30 | ESCALADE 18:00-20:00 |
| BADMINTON (P.L.) 18:30-20:00 | | |

LEFEBVRE

| | | |
|--|-------------------------------|----------------------------------|
| BADMINTON (P.L.) 12:15-13:30 | BACHATA 18:00-19:00 | MÉDITATION 12:30-13:30 |
| BADMINTON 18:00-19:30 | BACHATA 19:00-20:00 | YOGA 18:00-19:30 |
| BASKET-BALL 19:30-21:00 | | |

OCÉANAUTES

| |
|-----------------------------------|
| MUSCULATION 18:00-19:30 |
| VOLLEY-BALL 19:30-21:00 |

AIGUILLETES

| |
|--|
| BADMINTON & PICKLEBALL 18:00-19:30 |
| VOLLEY-BALL 19:30-21:00 |

Autre

| |
|--|
| ESCALADE 11:00-17:00 |
| FOOTING Brabois 12:15-13:30 |

Jeudi 4/6

BRABOIS

| | |
|---------------------------------|-----------------------------------|
| FIT DANCE 18:00-19:00 | MUSCULATION 19:00-20:30 |
|---------------------------------|-----------------------------------|

LEFEBVRE

| |
|-------------------------------|
| ENERGYM 17:00-18:00 |
| STRETCH 18:00-19:00 |

OCÉANAUTES

| |
|--------------------------------------|
| CROSS TRAINING 18:30-20:00 |
|--------------------------------------|

AIGUILLETES

| |
|--------------------------------|
| ESCALADE 10:00-18:00 |
| GOLF 14:00-17:00 |

Vendr. 5/6

LEFEBVRE

| |
|--|
| BADMINTON/ TT (P.L.) 12:15-13:30 |
| BOCCIA 17:45-19:15 |

OCÉANAUTES

| |
|------------------------------------|
| AQUA-FITNESS 17:15-18:00 |
|------------------------------------|