

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	
8H/9H	training Karima						training Karima						training Karima					
9H/10H	Gym Karima	Michel		Gym Michel	Michel	Stretching Sibille	Gym Karima	Michel	Pilates Lorraine	Gym Michel	Michel	Stretching Sibille	Gym Karima	Michel	Pilates Lorraine		Michel	
10H/11H	Gym Karima	Michel	CRECHE	yoga ad. Tatiana	Michel		Gym Karima	Michel	Pilates Lorraine	yoga ad. Tatiana	Michel	CRECHE	Gym Karima	Michel	Pilates Lorraine		Michel	
11H/12H	Ecole	Michel	Ecole	yoga ad. Tatiana	Michel	Ecole		Michel		yoga ad. Tatiana	Michel	Ecole	Ecole	Michel	Ecole		Michel	
12H/13H																		
13H/14H	Ecole		Ecole	Ecole		Ecole				Ecole		Ecole	Ecole		Ecole			
14H/15H	Ecole		Ecole	Ecole		Ecole	danse Anne		Judo Bernard	Ecole		Ecole	Ecole		Ecole			
15H/16H							danse Anne		Judo Bernard						Sophro Patricia			
16H/17H		Michel		danse Anne	Michel		danse Anne	Michel	Judo Bernard		Michel	Yoga	danse Anne	Michel				
17H/18H	Yoga Edith	Michel	Judo Bernard	danse Anne	Michel	Sophro Enfant	danse Anne	Michel	Judo Bernard	Yoga enf. Tatiana	Michel	Zumba Karima	danse Anne	Michel				
18H/19H	Yoga Edith	Michel	Judo Bernard	danse Anne	Michel	Gym Julie		Michel	Judo Bernard	Yoga ad. Tatiana	Michel	Zumba Karima	danse Anne	Michel				
19H/20H	Yoga Edith	Michel		danse Anne	Michel	Gym Julie		Michel	Judo Bernard	Yoga ad. Tatiana	Michel	Body co Karima	Gym Michel	Michel				

ACTIVITES NON MUNICIPALES *		
CIRCUIT TRAINING KARIMA		adult
ZUMBA		kid
BODY COMBAT		ados
DANCE JAZZ		kid/ado
STRETCHING POSTURAL		adult
YOGA enfants et adultes nouveau		kid
HATHA YOGA		adult
PILATES		adult
SOPHROLOGIE		adult

Activites municipales	
GYM municipale Michel /Karima/Julie	adultes
Ecole	
CRECHE	
Judo	