

LUNDI			18h - 19h	19h-20h	20h-21h	21h-22h
			Gym seniors	Renforcement musculaire Jérôme	Boot Camp	Body Zen Xavier
Gymnase Nicolas						
MERCREDI					20h-21h	21h-22h
					HIIT	Pilates Malika
					Gymnase Nicolas	
JEUDI	15h45-16h45	16h50-17h50	18h30-19h30			
	Gym seniors Isabelle Dojo Jean Marquez	Pilates	Zumba Cécile Gymnase Courtand (Balizy)			
VENDREDI					20h-21h	21h-22h
					Renfo POUND	Zumba Lucie
					Gymnase Nicolas	
SAMEDI	9h-10h30					
	Circuit training abdos/fessiers Xavier					
		Gymnase Nicolas				