

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10:00	BodyART					
10:15	10:00-11:00				Badminton	
10:30					10:15-11:45	
10:45						
11:00					Tai Chi	Aerobic Cardio Fit
11:15					11:00-12:00	11:00-12:00
11:30						
11:45						
12:00						
12:15	Badminton			Badminton		
12:30	12:15-13:45		Aerobic High Impact Course à pied	12:00-13:30		
12:45			12:15-13:00 12:15-13:00			
13:00						
13:15						
13:30						
13:45						
17:30	Boxe light contact					
17:45	17:30-19:00		Futsal	Gym aux agrès et trampoline	Condition physique	
18:00	Condition physique		17:30-19:00	17:45-19:00	17:45-18:45	
18:15	18:00-19:00			Futsal mixte		
18:30		Basketball		18:00-19:30	Badminton	
18:45		18:30-20:00		18:15-19:45	18:15-19:45	
19:00						
19:15	Condition physique					
19:30	19:00-20:00	Condition physique				
19:45	19:00-20:30	19:15-20:15				
20:00						
20:15	Aerobic Cardio music	Volleyball - moyen				
20:30	20:10-21:40	20:00-21:30				
20:45		20:00-21:30				
21:00	à confirmer	20:30-22:00				
21:15						
21:30						
21:45						
22:00						