

/ Planning de cours

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN		10h30-11h30 Gym Seniors	10h-11h 3/5 ans 11h-12h 6/8 ans		9h45-10h45 Gym Seniors 11h-12h Gym Douce	10h-11h Zumba 11h15-12h15 Zumba Ados
MIDI					12h45-13h45 Pilates(SSIAD)	
A-MIDI	17h-18h 4/7 ans 18h15-19h15 Pilates 19h30-20h30 Gym Modérée	17h45-18h45 Pilates 19h-20h Pilates	17h45-18h45 Gym Seniors 19h-20h Gym Tonique	18h30-19h30 Gym Tonique 19h45-20h45 Pilates	16h-17h Gym Douce 17h-18h Gym Seniors 19h-20h Zumba	
SOIR	20h30-21h30 Gym Tonique	20h15-21h15 Zumba	20h30-21h30 Gym Tonique			

CHAZE SUR ARGOS
ANGRIE
BOURG D'IRE
SEGRE
LOUROUX BECONNAIS