

# PLANNING HEBDOMADAIRE DES COURS COLLECTIFS EN SALLE D'ACTIVITE (GS)

|       | LUNDI  | MARDI   | MERCREDI  | JEUDI  | VENREDI                                       | SAMEDI |
|-------|--|---|---|--|---|--------|
| 9:00  |  |   | 9h00 - 10h00<br>Gym globale<br><b>HELENE</b>    | 9h00 - 10h00<br>Gym globale<br><b>HELENE</b>     |   |        |
| 9:15  |  |   |   |  |   |        |
| 9:30  |  |   |   |  |   |        |
| 9:45  |  |   |   |  |   |        |
| 10:00 |  |   | 10h15 - 11h15<br>Rose Pilates<br><b>HELENE</b>  |  |   |        |
| 10:15 |  |   |   |  |   |        |
| 10:30 |  |   |   |  |   |        |
| 10:45 |  |   |   |  |   |        |
| 11:00 |  |   |   |  |   |        |
| 11:15 |  |   |   |  |   |        |
| 11:30 |  |   |   |  |   |        |
| 11:45 |  |   |   |  |   |        |
| 12:00 | 12h00 - 13h00<br>Gym globale<br><b>HELENE</b>    |   |   | 12h15 - 13h15<br>Gym globale<br><b>HELENE</b>    | 12h00 - 13h00<br>Gym globale<br><b>HELENE</b> |        |
| 12:15 |  |   |   |  |   |        |
| 12:30 |  |   |   |  |   |        |
| 12:45 |  |   |   |  |   |        |
| 13:00 |  |   |   |  |   |        |
| 13:15 |  |   |   |  |   |        |
| 13:30 |  |   |   |  |   |        |
| 13:45 |  |   |   |  |   |        |
| 14:00 |  |   |   |  |   |        |
| 14:15 |  |   |   |  |   |        |
| 14:30 |  |   |   |  |   |        |
| 14:45 |  |   |   |  |   |        |
| 15:00 |  |   |   |  |   |        |
| 15:15 |  |   |   |  |   |        |
| 15:30 |  |   |   |  |   |        |
| 15:45 |  |   |   |  |   |        |
| 16:00 |  |   |   |  |   |        |
| 16:15 |  | 16h30 - 17h30<br>Gym globale<br><b>HELENE</b> |   |  |   |        |
| 16:30 |  |   |   |  |   |        |
| 16:45 |  |   |   |  |   |        |
| 17:00 |  |   |   | 17h00 - 18h00<br>Yoga & Qi Qong<br><b>DIANEE</b> |   |        |
| 17:15 |  |   |   |  |   |        |
| 17:30 |  |   |   |  |   |        |
| 17:45 |  |   |   |  |   |        |
| 18:00 | 18h15 - 19h15<br>Gym sensorielle<br><b>LAURE</b> | 18h00 - 19h00<br>Gym globale<br><b>HELENE</b> |   |  |   |        |
| 18:15 |  |   |   |  |   |        |
| 18:30 |  |   |   |  |   |        |
| 18:45 |  |   |   |  |   |        |
| 19:00 |  |   |   |  |   |        |
| 19:15 |  |   |   |  |   |        |
| 19:30 |  |   | 19h30 - 20h30<br>Gym Pilates<br><b>ISABELLE</b> |  |   |        |
| 19:45 |  |   |   |  |   |        |
| 20:00 |  |   |   |  |   |        |
| 20:15 |  |   |   |  |   |        |