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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Maison des enfants | Lundi | 18 à 19H | | Amandine | | | Renforcement | |
|  | Mardi | 18 à 19H | | Zachary | | | Step | |
|  | Jeudi | 18 à 19H | | Almandine | | | Gym adulte | |
| Pavillon Bas | Lundi | 18 à 19H | | Anne | | | Gym adaptée | |
|  | Jeudi | 18 à 19H | | Anne | | | Gym adaptée | |
|  | Jeudi | 19 à 20h | | Zachary | | | Cours hommes | |
|  | Samedi | 10 à 11H | | Zachary/Amandine | | | Cardio | |
| Pavillon Haut | Vendredi | 18 à 19H | | Zachary | | | Gym dynamique | |
| Palais des sports | Mardi | | 14H15 à 15H15 | | Mélanie | Acti gym senior | |
|  | Jeudi | | 16H15 à 17H15 | | Marie | Acti gym senior | |