

| détails des cours | ZUMBA       | METHODE PILATES RENFO ABDOS |                | 1)RENFO MUSCULAIRE<br>2) STEP<br>3) AEROBOXE |                       | Stage et Sorties |                                           |
|-------------------|-------------|-----------------------------|----------------|----------------------------------------------|-----------------------|------------------|-------------------------------------------|
| SEMAINE 36        |             |                             |                | Jeudi<br>3                                   | Vendredi<br>4         | Samedi<br>5      | Dimanche<br>6                             |
| CHANTAL           |             |                             |                |                                              |                       |                  |                                           |
| SANDY             |             |                             |                |                                              |                       |                  |                                           |
| MARCO             |             |                             |                |                                              |                       |                  |                                           |
| NAIOMI            |             |                             |                |                                              |                       |                  |                                           |
| SEMAINE 37        | Lundi<br>7  | Mardi<br>8                  | Mercredi<br>9  | Jeudi<br>10                                  | Vendredi<br>11        | Samedi<br>12     | Dimanche<br>13                            |
| CHANTAL           |             | SENIORS<br>9H30/10H30       |                |                                              | SENIORS<br>9H30/10H30 |                  | DYNAMIC ASSO<br>DE 10H à 14H<br>LA SOURCE |
| SANDY             |             | 19h15/20h15                 |                | Pilates séniors<br>10h30/11h30               |                       |                  |                                           |
| MARCO             |             |                             |                | 1) 19h/20h                                   |                       |                  |                                           |
| MARCO             |             | 20h30/21h30                 |                | 2) 20h/21h                                   |                       |                  |                                           |
| NAIOMI            | 20h30/21h30 |                             |                |                                              |                       |                  |                                           |
| SEMAINE 38        | Lundi<br>14 | Mardi<br>15                 | Mercredi<br>16 | Jeudi<br>17                                  | Vendredi<br>18        | Samedi<br>19     | Dimanche<br>20                            |
| CHANTAL           |             | SENIORS<br>9H30/10H30       |                |                                              | SENIORS<br>9H30/10H30 |                  |                                           |
| SANDY             |             | 19h15/20h15                 |                | Pilates séniors<br>10h30/11h30               |                       |                  |                                           |
| MARCO             |             |                             |                | 1) 19h/20h                                   |                       |                  |                                           |
| MARCO             |             | 20h30/21h30                 |                | 2) 20h/21h                                   |                       |                  |                                           |
| NAIOMI            | 20h30/21h30 |                             |                |                                              |                       |                  |                                           |
| SEMAINE 39        | Lundi<br>21 | Mardi<br>22                 | Mercredi<br>23 | Jeudi<br>24                                  | Vendredi<br>25        | Samedi<br>26     | Dimanche<br>27                            |
| CHANTAL           |             | SENIORS<br>9H30/10H30       |                |                                              | SENIORS<br>9H30/10H30 |                  |                                           |
| SANDY             |             | 19h15/20h15                 |                | Pilates séniors<br>10h30/11h30               |                       |                  |                                           |
| MARCO             |             |                             |                | 1) 19h/20h                                   |                       |                  |                                           |
| MARCO             |             | 20h30/21h30                 |                | 2) 20h/21h                                   |                       |                  |                                           |
| NAIOMI            | 20h30/21h30 |                             |                |                                              |                       |                  |                                           |
| SEMAINE 40        | Lundi<br>28 | Mardi<br>29                 | Mercredi<br>30 |                                              |                       |                  |                                           |
| CHANTAL           |             | SENIORS<br>9H30/10H30       |                |                                              |                       |                  |                                           |
| SANDY             |             | 19h15/20h15                 |                |                                              |                       |                  |                                           |
| MARCO             |             |                             |                |                                              |                       |                  |                                           |
| NAIOMI            | 20h30/21h30 | 20h30/21h30                 |                |                                              |                       |                  |                                           |