

LUNDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	MUSCULATION (P)				Musculation		Musculation Libre			
Danse Vauban							Tango Argentin	FITNESS	DANSE	
Dojo Vauban	SELF-DEFENSE						Boxe - confirmés			
Gymnase Vauban	Tennis de Table	BASE-BALL 5					FUTSAL	VOLLEY-BALL	BADMINTON	
Wallon- Kennedy							TENNIS			
MARDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING				Musculation		Musculation Libre			
Danse Vauban	DANSE						SSE (Pleine conscience)		PILATES	
Dojo Vauban							BOXE- Tout public			
Gymnase Vauban	HANDBALL						BASKET-BALL	BADMINTON	VOLLEY-BALL	
Bloc session								ESCALADE		
Petit Parnasse	ESCALADE (inter-U)									
MERCREDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING				Musculation Libre		Musculation			
Danse Vauban							SSE (Théâtre)	Breakdance ?		
Dojo Vauban	FITNESS (P)							JUDO		
Gymnase Vauban	FUTSAL (P)						HANDBALL	BASKET-BALL	BADMINTON	
Stade Rouviere							TENNIS (inter-U)			
Bastide terrain 9									RUGBY (inter-U)	
JEUDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING				Musculation		Musculation Libre			
Danse Vauban	YOGA (P)		DANSE (UE)				YOGA			
Dojo Vauban	MMA		SELF-DEFENSE (UE)			SSE	SSE (Sophrologie)			
Gymnase Vauban	Competition		HANDBALL (UE)		BASE-BALL 5 (UE)		COMPETITIONS			
Nemausa	NATATION (Inter-U)		NATATION (UE)		NATATION					
Bloc session							ESCALADE			
G.Lessut St Cesaire									FOOTBALL	
VENDREDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
SALLE REF	MUSCULATION (P)				Musculation		Musculation Libre			
Danse Vauban	Danse Classique						Breakdance			
Dojo Vauban							CARDIO-BOXE			
Gymnase Vauban	BASKET-BALL						BASE-BALL 5	FUTSAL		