

Planning 2020

| | lundi | mardi | mercredi | jeudi | vendredi | samedi |
|-------|---------------------------|---------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 09H | 09H00 CULTURE PHYSIQUE | 09H00 CULTURE PHYSIQUE | 09H00 CULTURE PHYSIQUE | 09H00 CULTURE PHYSIQUE | 09H00 CULTURE PHYSIQUE | 09H00 CULTURE PHYSIQUE |
| 10H | 10h00 GYM DOUCE | 10H00 CULTURE PHYSIQUE | 10h00 GYM DOUCE | 10H00 STRETCHING | 10h00 GYM DOUCE | 10h00 GYM DOUCE |
| 11H | 11h00 GYM POSTURALE | 11H00 GYM DOUCE | 11h00 YOGA | 11h00 SPECIAL DOS | 11h00 QI GONG | 11h00 CULTURE PHYSIQUE |
| 12H | | | 12h30 | | | 12h00 PILATES |
| 12h30 | 12h30 CULTURE PHYSIQUE | 12h30 CUISSSES ABDO FESSIERS | | 12h30 CULTURE PHYSIQUE | 12h30 BODY TONIC | |
| 13H | | | | | | 13h00 ZUMBA |
| 14H | | | | | | |
| 15H | | | | | | |
| 16H | | | | | | |
| 17H | | | | | | |
| 18H | | 18h00 QI GONG | | | | |
| 19H | 19h00 CULTURE PHYSIQUE | 19h00 GYM DOUCE | 19h00 CULTURE PHYSIQUE | 19h00 CULTURE PHYSIQUE | 19h00 CULTURE PHYSIQUE | |
| 20H | 20h00 STRETCHING | 20h00 PILATES | 20h00 STRETCHING | 20h00 ZUMBA | 20h00 PILATES | |
| 20h45 | 20h45 YOGA | | | | | |
| 21H | | | | | | |
| 22H | | | | | | |