



NOVEMBRE 2017



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|----------|---------------|--------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Lundi | | 30 | 06 | 13 | 20 | 27 |
| | 17h15 - 18h00 | | Zumba 6-10ans | Zumba 6-10ans | Zumba 6-10ans | Zumba 6-10ans |
| | 18h00 - 19h00 | | Pilates | Pilates | Pilates | Pilates |
| | 19h00 - 20h00 | | Zumba | Zumba | Zumba | Zumba |
| Mardi | | 31 | 07 | 14 | 21 | 28 |
| | 17h30 - 18h15 | | Zumba 10 - 14 ans | Zumba 10 - 14 ans | Zumba 10 - 14 ans | Zumba 10 - 14 ans |
| | 18h15 - 19h00 | | Circuit Training | Circuit Training | Circuit Training | Circuit Training |
| | 19h00 - 20h00 | | Pilates | Pilates | Pilates | Pilates |
| | 20h00 - 20h45 | | Body boxe / Interval Training | Body boxe / Interval Training | Body boxe / Interval Training | Body boxe / Interval Training |
| Mercredi | | Férialé 01 | 08 | 15 | 22 | 29 |
| | 10h00 - 11h00 | | Taï Chi | PAS DE COURS | Taï Chi | Taï Chi |
| Jeudi | | 02 | 09 | 16 | 23 | 30 |
| | 17h45 - 18h45 | Vacances Scolaires | Multi-Sports 6 - 10 ans | Multi-Sports 6 - 10 ans | Multi-Sports 6 - 10 ans | Multi-Sports 6 - 10 ans |
| | 19h00 - 20h00 | | Renforcement musculaire | Renforcement musculaire | Renforcement musculaire | Renforcement musculaire |
| | 20h15 - 21h00 | | Interval Training | Interval Training | Interval Training | Interval Training |



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