

LUNDI	MARDI		MERCREDI	JEUDI	VENREDI	SAMEDI
FRESNAIS	FRESNAIS	GYMNASE	DOJO	FRESNAIS	FRESNAIS	GYMNASE
FRESNAIS	FRESNAIS	GYMNASE	DOJO	FRESNAIS	FRESNAIS	GYMNASE
				11h00 - 12h00 EVOLUGYM 5 - 7 ans		10h15 - 11h00 BABYS 1 3 ans - PS
				12h00 - 13h00 LOISIRS 8 - 12 ans		11h00 - 11h45 BABYS 2 4 ans - MS
				13h00 - 14h30 COUPE FORMATION / POUSSINES		11h45 - 12h45 EVEILS 5 ans - GS
				14h30 - 16h30 C 13 / DUO NaT 11		13h00 - 14h00 EVOLUGYMS 6 - 7 ans
						14h00 - 15h30 LOISIRS 1 8 - 12 ans
17h15 - 19h30 DUO Nat 11 / Nat 13 / Fed A 15	17h30 - 18h30 LOISIRS 8-12	17h15 - 19h30 Nat 13 / DUO Fed A 13 / Fed B 15 + FED C 13 INDIV	17h30-18h30 HANDIGYM	17h15 - 19h30 DUO Fed A 13 / Fed A 15 / Fed B 15	17h15 - 19h30 DUO Nat 11 / Nat 13 CF et poussines (19h)	17h15 - 19h30 Fed C 13 / Fed B 15 / DUO Fed A 13
19h00 - 21h FED A TC / NAT 17 / NAT TC / NAT TC	18h30 - 20h30 REG 11 / REG 13 / DUO REG TC	19h00 - 21h DN / NAT 17 / NAT TC / FED A 17		19h15 - 21h15 FED A TC / DN / DUO NAT TC / FED A 17 / DUO REG TC	18h30 - 20h30 REG 11 / REG 13 / NAT 17 / FED A 15	19h00 - 21h FED A TC / DN / FED A 17 / NAT TC
	20h45 - 22h15 CARDIO BOXING / STEP & BODY SCULPT / STRECHING					
FRESNAIS	FRESNAIS	GYMNASE	DOJO	FRESNAIS	FRESNAIS	GYMNASE
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