



PLANNING KID FITNESS 25/26

ADULTES	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Gym prénatal	09H30					

BABY	10/36 mois	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Gym & Dance		10H30	10H30	10H00	09H30	10H30	09H30
		16H15	16H15		16H15	16H15	
Assistantes Maternelles			09H30		10H30	09H30	

KID	3/5 ans	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Gym & Dance		17H15		16H15			10H30
Training & Boxing					17H15		
Initiation Judo			17H15				
Multisports*				11H00		17H15	

JUNIOR	6/10 ans	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Pompom Girl				17H15			
Cross Training & Boxing		18H15					
Multisports*				14H00			
Initiation Judo					18H15		
Yoga kid				18H15			
Fit' Family Parent / Enfant			18H15				11H30
Zumba Family Parent / Enfant						18H15	

ADOS	11/14 ans	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Pompom Girl				17H15			
Cross Training & Boxing		18H15		15H00			
Initiation Judo					18H15		
Yoga kid				18H15			
Fit' Family Parent / Enfant			18H15				11H30
Zumba Family Parent / Enfant						18H15	

* Multisports : football, rugby, basket, volley, hand ball, tennis, badminton ...