

PLANNING

7:00 AM PM 4.3 5 5.3 6 6.3 7 7.3 8 8.3 9 9.3 10 10.3

**DIMANCHE
SUNDAY**

muscultation/gym	muscultation staff	muscultation/gym	
danse/fitness		ballet / moderne	étirements/stretching
sports hall		basket	Speedminton/badminton
combat			football outdoor
ROOF		basket	
Swimming			

**LUNDI
MONDAY**

muscultation/gym	Females 4 pm to 9 pm		
danse/fitness			
sports hall	Table Tennis	volley	Badminton
combat			
ROOF		football	ROOF
Jogging 1h			

**MARDI
TUESDAY**

muscultation/gym	muscultation staff	muscultation/gym	
danse/fitness		danse	fitness
sports hall		escalade/climbing	basket
combat		Football	combat ??
ROOF			basket
Swimming			

**MERCREDI
WEDNESDAY**


Females 9 to 12am	muscultation/gym		
combat			
sports hall	Speedminton/badminton	Volley	combat ??
danse	yoga staff	yoga	Danse
ROOF			tennis
Jogging 1h			

**JEUDI
THURSDAY**

muscultation/gym	muscultation staff	muscultation/gym	
sports hall			
combat			
danse/fitness			
ROOF			

 activities supervised by a coach

 free activities

 activities reserved to Staff

SPORTS HALL

FOOTBALL/BASKETBALL/VOLLEY-BALL/ BADMINTON/ TABLE TENNIS/ TENNIS

ROOF

FOOTBALL/BASKETBALL/TENNIS

 natation

 Private

SATURDAY / Free Activities from 9:00am to 10:30pm

Football Females???