



Sports courses 2014-2015



The sports building is open 7 days a week, from 7am to 10:30pm
Le Sports Building est ouvert 7 jours sur 7, de 7h à 22h30

		7am to 2pm	PM		4,3	5	5,3	6	6,3	7	7,3	8	8,3	9	9,3	10	10,3
		7h-14h	14h	16h	16h30	17h	17h30	18h	18H30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Dimanche Sunday	Sports building		Ladies only			Ladies only			PPG-Khalid *		Attrack Gym / Marc						
	Gym		Ladies only			Ladies only			Bellydance-Jackie		Hip Hop-Sophie						
	Dance	Forbidden to use the wall without coach															
	Climbing Wall	Forbidden to use the wall without coach															
	Sports hall	Foot Filles-Anna Private *								Volleyball-Khalid *							
	Martial arts	Bootcamp-Anna **															
Roof	Tennis Karim *																
Off campus	Bus at 6 (From Residence)								Aqua gym** - Natation -Jen				Foot Garçons Equipe 1/ Mohand *				
	Bus at 7:30 (From Residence)																

		7am to 2pm	PM		4,3	5	5,3	6	6,3	7	7,3	8	8,3	9	9,3	10	10,3
		7h-14h	14h	16h	16h30	17h	17h30	18h	18H30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Lundi Monday	Sports building		Ladies only			Ladies only			TRX-Ray-Ann		Gym PPG -Khalid **						
	Gym	Attrack GYM-Marc															
	Dance	Pilates Jen				Fitness Jen *				Zumba-Ray Ann							
	Climbing	Forbidden to use the wall without coach															
	Sports hall	Touch Rugby - Alex B								Badminton-Alex B *							
	Sports hall	Basket Filles Karim *								Basket Garçons Karim *							
	Martial arts	Capoeira-Alex F *								Crossfit-Julien **				Muay-Thai Julien *			
	Roof	Tennis-Marc *															
Off campus																	

		7am to 2pm	PM		4,3	5	5,3	6	6,3	7	7,3	8	8,3	9	9,3	10	10,3
		7h-14h	14h	16h	16h30	17h	17h30	18h	18H30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Mardi Tuesday	Sports building		Ladies only			Ladies only			Attrack GYM-Marc		PPG-Khalid **						
	Dance	Body Bar Jen				Jazz Dance-Sophie											
	Climbing	Forbidden to use the wall without coach															
	Sports hall	Foot F-Anna *								Foot Garçons equipe 1-Mohand *							
	Martial arts	Bootcamp-Anna **								Fitness/ Jen *							
	Roof	Tennis Marc *															
Off campus	Bus at 6 (From Residence)								Aqua gym** - Natation -Jen				Beach Volley Ball Kahlid *				
	Bus at 8 (From Residence)																

		7am to 2pm	PM		4,3	5	5,3	6	6,3	7	7,3	8	8,3	9	9,3	10	10,3
		7h-14h	14h	16h	16h30	17h	17h30	18h	18H30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Mercredi Wednesday	Sports building		Ladies only			Ladies only			PPG Khalid *		Attrack GYM-Marc		Crossfit Julien *				
	Gym	TRX-Ray-Ann															
	Dance	Fitness Bellydance Jackie								Zumba-Ray Ann							
	Climbing	Forbidden to use the wall without coach															
	Sports hall	Volley Ball-Khalid *								Foot Garçons equipe 2-Marc *							
	Martial arts	Débutant-Muay-Thai-Julien *								Muay-Thai-Julien *							
	Roof	Chess Club (Sports Building - 7 to 9pm)															
	Chess room	Chess Club (Sports Building - 7 to 9pm)															
Off campus	Bus (From Residence)								ADISL LEAGUE (Check @ the Sports building and department for dates)								

		7am to 2pm	PM		4,3	5	5,3	6	6,3	7	7,3	8	8,3	9	9,3	10	10,3
		7h-14h	Soir	16h	16h30	17h	17h30	18h	18H30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h30
Jeudi Thursday	Sports building		Ladies only														
	Gym																
	Dance																
	Climbing	Forbidden to use the wall without coach															
	Sports hall																
	Martial arts																
Roof																	
Off campus																	

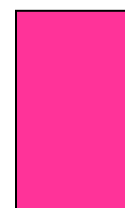
Don't forget! Paddleboard SupRace* on week-ends with Alexandre (Info au département)
N'oubliez pas! Courses de Paddleboard Suprace les week-ends (See department)



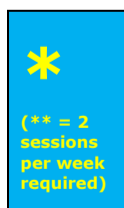
En libre accès pour loisir (Sans coach)
Free access for leisure (Without coach)



Cours
Courses



Cours pour filles seulement
Courses for Ladies only



(* = 2 sessions per week required)

Cours prenable en option (Selon département)
Course you can take in option (depending on department) -

If you want to play Tennis, Badminton, Football without coach, please try to book the court, one day before, at the sports building reception

Correct behavior expected with staff, players, and public!

All courses start the 25 of January / Tous les cours commencent le 25 Janvier 2015. Certificat médical obligatoire / Medical certificate is mandatory.