Sports Courses 2018-19 Semester 1

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





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								ay / Dim								
	7h30-8h30 Body Wake	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h	
Gym	Up Staff							Keti	le Bell	Cro	ssfit	HIIT				
Dance					Spinning Cy	cling Sp. Aud		Mat Pilates	Conditioning	Fitness b	ody shaping* A	leksandra				
Climbing									С	limbing* - Mag	da					
Sports Hall							Bask	etball (F)* - Va	alerian	Volleyba	ll (Mixed Adv.)*	- Atanas	Bask	etball (M) - Ra	phael	
Martial Arts						ching Staff - lien				Muay-Th	aï* - Julien 19h	n45-21h15				
Roof							Tenni	s (Beginner)* -	Atanas							
Off campus			Bus at	6pm (From Re	sidence)				Natation* - Ale	ex						
		_	_			_						_	_	_	-	
							Мо	nday / L	undi 							
	7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	22h	
Gym					Circuit (St	aff) - Julien				Sports	Sports Conditioning* - Atanas			Coaching Form Student* - Julie		
Dance										Bootcamp						
Sports Hall							Foot	ball (F)* Privat	e Katie	В	adminton* - Al	ex	Volle	yball (Mixed)	Atanas	
Martial Arts					Tabata		Self Defe	nse Sp. Aud sta	aff students	19h45 to	21h Circuit* Ju	ulien 1h15				
Roof								Tennis (I	ntermediate)* -	- Delphine	Tennis (Advanced)* -	Delphine			
Off campus									door* - Antoine							
on campas		_	_	_	_							_	_	_	_	
							Tue	sday / N	lardi							
	7h30-8h30	16h	16h30	17h	17h30	18h	18h30	19h	19h30	20h	20h30	21h00	21h30	22h00	221	
Gym	Body Wake Up Staff				Fitness	Training (Staff) -	- Atanas		Personal	Training Studer	nt - Atanas					
Dance							Cardio Da	nce Fitness* -	Aleksandra	Barre Class	- Aleksandra	Ta	bata			
Climbing									Climbi	ng* - XX						
Sports Hall								Basi	ketball (G)* - Ra	ıphael	Voll	leyball (F)* - At	tanas			
Martial Arts			Judo Kids	s 16h to 17h	Akibudo S		d Students	Muay-Th	aï Fitness / Circ	uit Training	Mı	uay-Thaï* - Ju	lien			
Off campus									Sp. Aud - Julie	n						
On campas								1h / Agua Fit	ness Massingor	French Lycée						
Off campus			Rusat	6nm (From Re	sidence)			1h / Aqua Fit	ness Massingor							
Off campus			Bus at	6pm (From Re	sidence)			1h / Aqua Fit		n French Lycée pard* - Alex						
Off campus			Bus at	6pm (From Re	sidence)		Wedne									
Off campus	7h30-8h30	14h-16h	Bus at	6pm (From Re	sidence)	18h	Wedne		Paddlebo		20h30	21h00	21h30	22h00	221	
Off campus	7h30-8h30	14h-16h				18h	18h30	sday / M	Paddlebo lercredi	ard* - Alex	20h30	21h00	21h30	22h00 Coaching f		
	7h30-8h30	14h-16h				18h	18h30 T	sday / M	Paddlebo	20h	20h30		21h30			
Gym Dance	7h30-8h30	14h-16h				18h	18h30 T	sday / M 19h RX	Paddlebo	ard* - Alex		Cardic		Coaching f		
Gym Dance Sports Hall	7h30-8h30	14h-16h				18h	18h30 T Zui	sday / M 19h RX mba	Paddlebo	20h	Volleyball ADI	Cardic SL or mixed at	Boxing SUAD - Atanas	Coaching f		
Gym Dance Sports Hall Sports Hall	7h30-8h30	14h-16h			17h30		18h30 T Zui Footb	sday / M 19h RX mba sall Indoor* - /	Paddlebo lercredi 19h30 19h15 Spinning	20h -20h15 -7 Cycling	Volleyball ADI Volley	Cardic SL or mixed at /ball (Mixed) -	Boxing SUAD - Atanas	Coaching f		
Gym Dance Sports Hall Sports Hall Martial Arts	7h30-8h30	14h-16h		17h	17h30 Circuit (Sta	18h aff) - Julien	18h30 T Zui Footb	sday / M 19h RX mba	Paddlebo lercredi 19h30 19h15 Spinning	20h -20h15 -7 Cycling	Volleyball ADI Volley -21h15 Circuit	Cardic SL or mixed at /ball (Mixed) - - Julien	D Boxing SUAD - Atanas Atanas	Coaching f		
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Gym Dance Sports Hall Sports Hall Martial Arts	7h30-8h30 Body Wake		16h30	17h Bus (From	17h30 Circuit (State Residence)	aff) - Julien	18h30 T Zui Footb	sday / N 19h RX mba vall Indoor* - / rit Sp. Aud - S	Paddlebo lercredi 19h30 19h15 Spinning Antoine Jeudi	20h -20h15 -7 Cycling	Volleyball ADI Volley -21h15 Circuit ADISL Le	Cardic SL or mixed at /ball (Mixed) - - Julien ague at NYU, F	D Boxing SUAD - Atanas Atanas PI, ZU, etc.	Coaching f	form - Ju	
Gym Dance Sports Hall Sports Hall Martial Arts Off campus	7h30-8h30 Body Wake Up Staff		16h30	17h Bus (From	Circuit (Stan Residence)	aff) - Julien	18h30 T Zui Footb Circ Thu 18h30	sday / N 19h RX mba vall Indoor* - / rsday / C	Paddlebo lercredi 19h30 19h15 Spinning Antoine Jeudi	20h -20h15 -7 Cycling -19h45	Volleyball ADI Volley -21h15 Circuit ADISL Le	Cardic SL or mixed at /ball (Mixed) - - Julien ague at NYU, F 21h00	D Boxing SUAD - Atanas Atanas PI, ZU, etc.	Coaching f	form - Ju	
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