Sport courses students and staff



														Sur	nday/D	Diman	che													
	7:30am- 8:30am 2:0	00pm 3	3:30pm	1:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pr	m 5:45pm	n 6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pn	m 10:15pm 10):30pm
Gym	Body wake-up (staff)								Соа	ching	(staff) -	Julien		Те	am spo	rts conc	ditioning	g - *Julio	en											
Dance																Yo	oga for a	all			Spini	ning* fo	or all - E	llenita						
Climbing Wall																		Studer	nts* staf	f - Mag	dalena									
Sports Hall														Foc	otball (F))* - Elleı	nita			Voll	eyball (M)* - At	anas			Bas	ketball ((M)* - R	aphael	
Martial Arts							Circu	it cardic	o boxin	g - Crc	ossfit - *I	Ellenita				Ai	ikibudo	- Melan	nie			Muay	Thai (S	o. Aud) ·	- Julien					
Roof														Tennis	s (beginı	ner)* - /	Atanas													

			Monday/Lundi		
	7:30am- 8:30am 2:00pm 3:30pm 4:00pm	4:15pm 4:30pm 4:45pm 5:00pm 5:15pm 5:30pm 5:45pm 6:00pm	6:15pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm	7:45pm 8:00pm 8:15pm 8:30pm 8:45pm 9:00pm	9:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Gym	FLE atelier S2	Circuit (staff) - Julien	Circuit training (Sp. Aud) - Julien	Circuit* - Julien	Gym coaching - Julien*
Dance		FLE	Zumba (F) for all	Fitness - Aleksandra	
Climbing Wall		Kids (9-12 yrs) - Magdalena Kids	s sports - Magdalena		
Sports Hall			Badminton* - Mathieu	Volleyball* Sorbonne ADVC - Atanas	Futsal* - Antoine
Martial Arts		Judo kids - Ellenita	Judo* filles - Ellenita	Judo* mixed - Ellenita	
Roof			Tennis (intermediate)* - Atanas		

		2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm 5:00pm 5:15pm 5:30pm 5:45pm 6:00pm 5:45pm 6:30pm 6:45pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm 7:45pm 8:00pm 8:15pm 8:30pm 8:45pm 9:00pm 9:15pm 9:30pm 9:45pm 9:30pm 9:45pm 10:00 Intersection of the section of the secting the section of th																												
	7:30am- 8:30am	2:00pm 3	:30pm 4:	:00pm	4:15pm	4:30pm	4:45pn	m 5:00p	m 5:15pm	n 5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm 1	L0:15pm 1	L0:30pm
Gym	Body wake-up (staff)								Gy	m coach	ing - Ju	lien*								Fitness t	training	(staff) -	Atanas							
Dance											Y	oga for	all			Cuis	ses-abd design		iers				Self de	efense						
Climbing Wall																								Studer	nts* staf	f - Mag	dalena			
Sports Hall														Vol	lleyball (f	F)* - Ata	nas			Bask	etball (N	ላ)* - Ra	phael							

Martial Arts	Teen judo kids - Ellenita	Muay Thai* - Julien	Muay	Thai Fitness (Sp. Aud) - Julien	
Out of campus		Paddleboard* - Alex			

												Wed	nesday	/Merc	redi												
	7:30am- 8:30am 2:00)pm 3:30pm	4:00pm	4:15pm	4:30pm 4	1:45pm	5:00pm	5:15pm 5	5:30pm 5:	45pm 6:00	pm 6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm 8:	:00pm 8	:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:30pm
Gym	Image: Spinning - Atanas* Image: Spinning + Atanas* Image: Spinning + for all - Ellenita																										
Dance		BeFit class - *Ellenita Spinning* for all - Ellenita																									
Climbing Wall		BeFit class - *Ellenita Spinning* for all - Ellenita Students *staff - Magdalena																									
Sports Hall						FL	E																				
Martial Arts																	AD	ISL leag	jue at l	NYU, PI	, ZU, et	c.					
Roof								Ech Libre	Circuit (s	taff) - Juli	en		Circu	it (Sp. Aı	ud) - Ju	lien				Circ	cuit - Ju	ulien					

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	7:30am- 8:30am 2	:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm 7:45pm	8:00pm	8:15pm	8:30pm	8:45pm 9	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm 1	0:15pm 10	:30pm
Gym	Body wake-up (staff)																												
Climbing Wall				Kids (6-8 yrs)							Kids (9)-12 yrs)					Kids s	sports											
Sports Hall		Kids (6-8 yrs)										Volley	/ball kids	s +10	Atanas			Volleyb	all expa	ts									

		Friday/Vendredi	
	7:30am- 8:30am 2:00pm 3:30pm 4:00pm 4:15pm 4:30pm 4:45pm 5:00pm 5:15pm 5:30pm	5:45pm 6:00pm 6:15pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm 7:45pm 8:00pn	n 8:15pm 8:30pm 8:45pm 9:00pm 9:15pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Sports Hall	Tennis kids (4-6 yrs) 9:30am to 10:30am	Tennis kids (7-9 yrs) 10:30am to 11:30am	Tennis kids (10-15 yrs) 11:30am to 12:30pm

												Sa	turday	/Same	edi												
	7:30am- 8:30am	2:00pm 3:30)pm 4:00pi	m 4:15pm	4:30pm 4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm 8:00p	m 8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm 10:3	0pm
Climbing Wall					Kids (6-8 yrs)				Kids (9	-12 yrs)					Kids :	sports											

*Sport option

For all: Students, staff and sport auditor (F): Female (M): Male

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