Sport courses students and staff

Sunday/Dimanche

	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	Body wake-up (staff)								Coaching (staff) - Julien					Team sports conditioning - *Julien																	
Dance															Yoga for all						Spinning* for all - Ellenita									
Climbing Wall																	Students* staff - Magdalena													
Sports Hall													Football (F)* - Ellenita						Volleyball (M)* / Basketball (F)* - Atanas					Basketball (M)* - Raphael						
Martial Arts							Circuit cardio boxing - Crossfit - *Ellenita								Aikibudo - Melanie						Muay Thai (Sp. Aud) - Julien									
Roof													Tennis (beginner)* - Atanas																	
Out of Campus															Swimming*															

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 (10-15 yrs) - Magdalena				Kids sports - Magdalena																				
Sports Hall													Badminton* - Mathieu						Volleyball* Sorbonne ADVC - Atanas					Futsal* - Antoine						
Martial Arts									Judo kids (4-8 yrs) - Ellenita				Judo* filles - Ellenita						Judo* mixed - Ellenita										
Roof													Tennis (intermediate)* - Atanas																	

Tuesday/Mardi

	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	Body wake-up (staff)							Gym coaching - Julien*											Fitness training (staff) - Atanas											
Dance										Yoga for all						Cuisses-abdos-fessiers design body					Self defense*										
Climbing Wall																							Students* staff - Magdalena							
Sports Hall														Volleyball (F)* - Atanas					Basketball (M)* - Raphael											
Martial Arts											Teen judo kids (9-14 yrs) - Ellenita					Muay Thai* - Julien							Muay Thai Fitness (Sp. Aud) - Julien						
Out of campus													Paddleboard* - Alex																	

Wednesday/Mercredi

	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														Personal training - Atanas*																
Dance									BeFit class - *Ellenita							Spinning* for all - Ellenita														
Climbing Wall													Students *staff - Magdalena																
Sports Hall					FLE									ADISL league at NYU, PI, ZU, etc.																
Martial Arts									Ech Libre	Circuit (staff) - Julien				Circuit (Sp. Aud) - Julien						Circuit - Julien										

Thursday/Jeudi

	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	Body wake-up (staff)																													
Climbing Wall					Kids (6-9 yrs)					Kids (10-15 yrs)					Kids sports															
Sports Hall											Volleyball kids +10 - Atanas					Volleyball expats															

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	8:00pm	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			
Out of Campus	Ski (depending on specific calendar)*																													

Saturday/Samedi

	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
Climbing Wall					Kids (6-9 yrs)					Kids (10-15 yrs)					Kids sports															
Out of Campus	Ski (depending on specific calendar)*																													

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

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