## Sports classes 2021 -2022 students and staff



		Su	nday/Dimanche	
				0pm 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)	Free Gym	Circuit T. Stud Julien	Gym coaching Stud Julien
Dance		Trampo Fitness Mixed Ellenita	Yoga	
Climbing Wall				
Sports Hall		Staff Bad/TdT Atanas	Volleyball mixed stud Atanas	Futsal Men's - stud / staff - Antoine
Martial Arts			Judo Tech. women's - Ellenita	Judo Tech. men's - Ellenita
Roof				
Out of campus				
		M-		
	770	Mo	onday/Lundi	

	7:30am- 8:30am 1:00pm	3:00pm 3:	30pm 4:00pr	n 4:15pm	4:30pm 4	4:45pm	5:00pm				n 6:15pm	6:30pm 6:45p			n 8:00pm	8:15pm 8:3					m 9:45pm	10:00pm	10:15pm 10
Gym							S	Staff - Gy	ym coa	iching- Julien	1												
Dance												Stud /staff S	Spinning I	Ellenita									
Climbing Wall																							
Sports Hall					Bad/TdT - Atanas																		
Martial Arts				Circuit cardio boxing Stud. women's only - Ellenita									Martial arts fitness - Stud Ellenita										
Roof																							
Out of campus																							

			Tuesday/Mardi		
	7:30am- 8:30am 1:00pm 3:00pm 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		.5pm 9:30pm 9:45pm 10:00pm 10:15pm 10:30pm
Gym	Body wake-up (staff)	Gym coaching women's only - Ellenita	Free Gym Womem's	Gym coaching Stud Julien	Free Gym
Dance		Yoga			
Climbing Wall					
Sports Hall		Staff fitness training - Atanas	Volleyball - Stud. mixed - Atan	as Futsal - Stud. women's only - Ellenit	a
Martial Arts		Staff - Circuit T Julien			
Roof					
Out of campus					

	Wednesday/Mercredi														
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Gym	Free Gym		Free Gym	Free Gym											
Dance		Stud /staff Spinning - Ellenita	beFit class Stud. women's only - Ellenita												
Climbing Wall															
Sports Hall		Basket wor	nen's - Imane												
Martial Arts			Muay T Stud Julien												
Roof															
Out of campus															

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Gym																				
Dance																				
Climbing Wall							staff str	eching rel	ax Magda											
Sports Hall												Stu/ Staff Bas	ket Men's - A	lain						
Martial Arts																				
Roof																				
Out of campus																				

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	7:30am- 8:30am 1:00pm 3:00pm	3:30pm 4:00				5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm					7:45pm	8:00pm	8:15pm		9:00pm				10:30pm
Gym	Free Gym 1:30 to 3 pm				n																			
Sports Hall																								
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	7:30am- 8:30am 1:00pm 3:00pm							5:45pm	6:00pm							7:45pm				9:00pm				10:30pm
Gym	Free Gym 1:30 to 3 pm				m																			
Gym					-																			