Sports classes 2021 -2022 students and staff

Sunday/Dimanche

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

Monday/Lundi

	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	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										Staff - Gym coaching- Julien					Free Gym							Circuit T. Stud. - Julien										
Dance															Stud /staff Spinning Ellenita																
Climbing Wall												Staff - Climbing - Magda																			
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	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 women's only - Ellenita					Free Gym Womem's					Gym coaching Stud. - Julien							Free Gym				
Dance										Yoga																					
Climbing Wall												Womens climb staff / stud - Magda																			
Sports Hall								Staff fitness training - Atanas							Volleyball - Stud. mixed - Atanas							Futsal - Stud. women's only - Ellenita										
Martial Arts								Staff - Circuit T. - Julien							Circuit T. Stud.- Julien																
Roof																															
Out of campus																															

Wednesday/Mercredi

	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	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			Free Gym						Staff - Gym Circuit T. - Julien						Free Gym							Free Gym										
Dance										Stud /staff Spinning - Ellenita					beFit class Stud. women's only - Ellenita																
Climbing Wall									Staff - Climbing - Magda						Climbing stud. - Magda																
Sports Hall												Basket women's - Imane																			
Martial Arts															Muay T. - Stud. - Julien																
Roof																															
Out of campus																															

Thursday/Jeudi

	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	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												Circuit T. - Staff / stud. - Julien								Free Gym							Free Gym				
Dance																															
Climbing Wall								staff streching relax. - Magda					Climbing 12/15 - Magda							Climbing 16/17 - Magda											
Sports Hall														Stu/ Staff Basket Men's - Alain																	
Martial Arts																															
Roof																															
Out of campus																															

Friday/Vendredi

	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	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		Free Gym 1:30 to 3 pm			Free Gym - 3:30 to 5 pm																										
Sports Hall																															

Saturday/Samedi

	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	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		Free Gym 1:30 to 3 pm			Free Gym - 3:30 to 5 pm																										
Sports Hall																															