



LUNDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	MUSCULATION (P)						MUSCULATION			
Danse pinede							Tango Argentin	FITNESS		
Dojo Vauban	SELF-DEFENSE						JUDO			
Gymnase Vauban	Tennis Table	Bad (P)					FUTSAL	BADMINTON	VOLLEY-BALL	
MARDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING						MUSCULATION LIBRE			
Danse Vauban	DANSE									PILATES
Dojo Vauban							BOXE			
Gymnase Vauban	HANDBALL						BASKET-BALL	VOLLEY-BALL	BADMINTON	
Bloc session								ESCALADE		
Petit Parnasse	ESCALADE (inter-U)									
Bastide terrain 9										RUGBY / FLAG
MERCREDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING						MUSCULATION			
Danse Vauban										DANSE
Dojo Vauban	Cross-training (P)							CHEERLEADING		
Gymnase Vauban	FUTSAL (P)						HANDBALL	BASKET-BALL	BADMINTON	
Stade Rouviere							TENNIS (inter -U)			FOOTBALL
Bastide terrain 9										RUGBY (inter-U)
JEUDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
Salle REF	CARDIO TRAINING						BODY-FIT	MUSCULATION		
Danse Vauban	YOGA (P)	DANSE (UE)					YOGA			
Dojo Vauban	MMA			SELF-DEFENSE (UE)						
Gymnase Vauban	Entrainement Eq U	HANDBALL (UE)	BASE-BALL 5 (UE)			BADMINTON (UE)		COMPETITIONS		
Nemausa	NATATION (Inter-U)		NATATION (UE)	NATATION						
Bloc session							ESCALADE			
G.Lessut St Cesaire										FOOTBALL
VENDREDI	12h-13h	13h-14h	14h-15h	15h-16h	16h-17h	17h-18h	18h-19h	19h-20h	20h-21h	21h-22h
SALLE REF	MUSCULATION (P)									
Danse Vauban	Danse Classique									
Dojo Vauban							CROSS-TRAINING			
Gymnase Vauban	FUTSAL						BASE-BALL 5			