























	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15	 60' :1	GYM POSTURALE 60' :2		 45'	ABDOS FESSIERS 60' :1	10H15  60' :1
10H30			 45'		11h15	ABDOS FESSIERS 45' :1
12H15	 45'		 60' :1		 45'	
12H30		 60' :2		 60' :1		
13H00	 45'		 45'	ABDOS FESSIERS 45' :2	GYM 45' :2	
17H30	GYM 60' :1	 45'	CAF 60' :2	 60' :1	 45'	
18H00					 60' :1	
18H30	 60' :1	 45'	 60' :2	 60' :1		
19H00					 45'	
19H30	 60'	ABDOS FESSIERS 45' :1	 45'	GYM 60' :1		