

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi												
9h30	Marche Nordique Pascal Cf planning		Marche Nordique Pascal Mandavit	Renforcement musculaire Pascal Cité jardin	Marche Nordique Pascal Mandavit	Marche Nordique Joël + Cf planning												
10h																		
10h30																		
11h																		
11h30						Running Pascal Mandavit												
12h																		
14h							Gym douce Pascal Ch d Ornon			Stretching Pascal Ch d Ornon								
14h30																		
15h							Gym d'entretien Pascal Ch d Ornon											
15h15																		
16h																		
16h15																		
16h30																		
17h00																		
18h																		
18h30												Condition physique Renforcement Angel Lycée Graves	Running Pascal Mandavit	Condition physique Renforcement Angel Lycée Graves	Running Pascal Mandavit	Marche Nordique Joël Cf planning	Condition physique Renforcement Angel Lycée Graves	
19h							Condition physique Renforcement Angel Lycée Graves	Running Pascal Mandavit	Condition physique Renforcement Angel Lycée Graves	Running Pascal Mandavit	Marche Nordique Joël Cf planning							Condition physique Renforcement Angel Lycée Graves
19h30																		
20h																		
20h30																		