# SPORT SANTE

## Du 15 juin au 4 septembre 2015

| | lundi | mardi | mercredi | jeudi | vendredi | samedi | dimanche | | lundi | mardi | mercredi | jeudi | vendredi | samedi | dimanche |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 15/06/15 | 16/06/15 | 17/06/15 | 18/06/15 | 19/06/15 | 20/06/15 | 21/06/15 | | 22/06/15 | 23/06/15 | 24/06/15 | 25/06/15 | 26/06/15 | 27/06/15 | 28/06/15 |
| Matin | | | Gym Volontaire 9h à 10h | | | | Gym Volontaire 10h à 11h | | Gym Volontaire 10h30 à 11h30 | | Gym Volontaire 9h à 10h | | Gym Volontaire 10h-11h | | |
| | | | | | | | | | | | | | Relaxation 11h-12h | | |
| | | | Relaxation 10h-11h | | Paddle Board 10h30-12h | | Relaxation 11h-12h | | Relaxation 11h30-12h30 | | Relaxation 10h-11h | | Paddle Board 10h30-12h | | |
| Fin de Journée | Gym Volontaire 18h – 19h | | | | | Taï Chi Chuan, Gym Douce 18h-19h30 | | | | | | Bokwa Fitness 18h-19h | | Taï Chi Chuan, Gym Douce 18h-19h30 | |
| | Relaxation 19h-20h | | | | | | | | Zumba 18h-19h | | | Zumba 19h15 – 20h15 | | | |
| | 29/06/15 | 30/06/15 | 01/07/15 | 02/07/15 | 03/07/15 | 04/07/15 | 05/07/15 | | 06/07/15 | 07/07/15 | 08/07/15 | 09/07/15 | 10/07/15 | 11/07/15 | 12/07/15 |
| Matin | | | Gym volontaire 10h-11h | | | | | | | | | | | | |
| | | | Relaxation 11h-12h | | Paddle Board 10h30-12h | | | | | Marche Nordique 10h-12h | | Marche Nordique 10h-12h | Paddle Board 10h30-12h | | |
| Fin de Journée | Gym Volontaire 18h-19h | | | | Gym Volontaire 18h-19h | Taï Chi Chuan, Gym Douce 18h-19h30 | | | Bokwa Fitness 18h-19h | Taï Chi Chuan, Gym Douce 18h-19h30 | | Bokwa Fitness 18h-19h | | | |
| | Relaxation 19h-20h | | | | Relaxation 19h-20h | | | | Zumba 19h15 – 20h15 | | | Zumba 19h15 – 20h15 | | | |
| | 13/07/15 | 14/07/15 | 15/07/15 | 16/07/15 | 17/07/15 | 18/07/15 | 19/07/15 | | 20/07/15 | 21/07/15 | 22/07/15 | 23/07/15 | 24/07/15 | 25/07/15 | 26/07/15 |
| Matin | | | | | | | | | | | | | | | |
| | | Marche Nordique 10h-12h | | Marche Nordique 10h-12h | Paddle Board 10h30-12h | | | | | Marche Nordique 10h-12h | | Marche Nordique 10h-12h | Paddle Board 10h30-12h | | |
| Fin de Journée | | | Taï chi chuan 18h-19h | Bokwa Fitness 18h-19h | | | Taï chi chuan 18h-19h | | | | Taï chi chuan 18h-19h | | | Taï chi chuan 18h-19h | |
| | | | | Zumba 19h15 – 20h15 | | | | | | | | | | | |
| | 27/07/15 | 28/07/15 | 29/07/15 | 30/07/15 | 31/07/15 | 01/08/15 | 02/08/15 | | 03/08/15 | 04/08/15 | 05/08/15 | 06/08/15 | 07/08/15 | 08/08/15 | 09/08/15 |
| Matin | | | | | | | | | | | Gym Volontaire 9h à 10h | | | | Gym Volontaire 9h à 10h |
| | | Marche Nordique 10h-12h | | Marche Nordique 10h-12h | Paddle Board 10h30-12h | | | | | Marche Nordique 10h-12h | Relaxation 10h-11h | | Paddle Board 10h30-12h | | Relaxation 10h-11h |
| Fin de Journée | | | Taï chi chuan 18h-19h | | | Taï chi chuan 18h-19h | | | Gym Volonataire 18h – 19h | Taï Chi Chuan, Gym Douce 18h-19h30 | Taï chi chuan 18h-19h | | | Taï chi chuan 18h-19h | |
| | | | | | | | | | Relaxations 19h-20h | | | | | | |
| | 10/08/15 | 11/08/15 | 12/08/15 | 13/08/15 | 14/08/15 | 15/08/15 | 16/08/15 | | 17/08/15 | 18/08/15 | 19/08/15 | 20/08/15 | 21/08/15 | 22/08/15 | 23/08/15 |
| Matin | | | Gym Volontaire 9h à 10h | | Gym Volontaire 9h à 10h | | Gym Volontaire 9h à 10h | | Gym Volontaire 9h à 10h | | Gym Volontaire 9h à 10h | | | | |
| | | Marche Nordique 10h-12h | Relaxation 10h-11h | | Relaxation 10h-11h | | Relaxation 10h-11h | | Relaxation 10h-11h | Marche Nordique 10h-12h | Relaxation 10h-11h | | | | |
| Fin de Journée | Gym volontaire 18h – 19h | Taï Chi Chuan, Gym Douce 18h-19h30 | | | Paddle Board 18h30-20h | | | | | Taï Chi Chuan, Gym Douce 18h-19h30 | | | Paddle Board 18h30-20h | | |
| | Relaxation 19h-20h | | | | | | | | | | | | | | |
| | 24/08/15 | 25/08/15 | 26/08/15 | 27/08/15 | 28/08/15 | 29/08/15 | 30/08/15 | | 31/08/15 | 01/09/15 | 02/09/15 | 03/09/15 | 04/09/15 | 05/09/15 | 06/09/15 |
| Matin | | | | | | | Gym Volontaire 9h à 10h | | Gym Volontaire 9h à 10h | | | | | | |
| | | Marche Nordique 10h-12h | | | | | Relaxation 10h-11h | | Relaxation 10h-11h | | | | | | |
| Fin de Journée | | Taï Chi Chuan, Gym Douce 18h-19h30 | | | Paddle Board 18h30-20h | | | | | | | | Paddle Board 18h30-20h | | |
| | | | | | | | | | | | | | | | |