

PLANNING INTERVENANTS SPORTS MJC.ONET 2021/2022

Sandra Maugeix

Martine Lahoreau

Lucie Bellé

Virginia Millan

	LUNDI		MARDI	MERCREDI	JEUDI	VENDREDI
9H/10H						
10H/11H	Renforc muscul	Marche Nordique	Cardio Training	Marche Nordique	Gym Tonique	Renforc Muscul
11H/12H	Stretching	Seniors			Pilates Stretch	
12H/13H	Pilates				Postural Ball	
13H/14H						Sport Santé
14H/15H	Santé			Fit Flamc 8-13 ans	Seniors	
15H/16H				Gym enfants		
16H/17H				Baby Gym		
17H/18H						
18H/19H	Gym Ball				Cardio Training	Fit Boxing
19H/20H	Gym Tonique			Fit Flamc	Pilates	