

# PLANNING (hors vacances scolaires)

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	WEEK-END
08h30	Coaching ind.	Coaching ind.	Coaching ind.	Coaching ind.	Coaching ind.	
10h00	Sport Santé Collectif 10h-11h	Sport Santé Collectif 09h30-10h30		Sport Santé Collectif 10h-11h	Sport Santé Collectif 09h30-10h30	
11h00	Sport Santé Collectif 11h-12h	APA - Réhabilitation Physique Gr1 10h30-12h		Sport Santé Collectif 11h-12h	APA - Réhabilitation Physique Gr1 10h30-12h	
12h00						
13h00		Coaching ind.			Coaching ind.	
14h00	APA - EHPAD 14h-15h	APA - Réhabilitation Physique Gr2 14h-15h30	APA - EHPAD 14h-15h	APA - Réhabilitation Physique Gr2 14h-15h30	Coaching ind.	
15h00	APA - EHPAD 15h-16h		APA - EHPAD 15h-16h			
16h00			Coaching ind.			
17h00	Coaching ind.	Coaching ind.	Pilates 17h-18h	Coaching ind.		
18h00		Pilates 18h15-19h15				
19h00		Cardio Renfo Fit 19h15-20h15				
20h00						

APA = Activité Physique Adaptée