

# Planning hors Vacances Scolaires

|         | lundi                                | mardi               | mercredi                       | jeudi                         | vendredi                | samedi          |
|---------|--------------------------------------|---------------------|--------------------------------|-------------------------------|-------------------------|-----------------|
| 9 h     |                                      |                     |                                |                               |                         | Gym<br>Momo     |
| 10 h    | Boxe<br>Anthony                      | Gym<br>Momo         |                                | Fitness<br>Anthony            | Bike<br>Momo            | Fitness<br>Momo |
| 11 h    | Abdos flash<br>30 minutes<br>Anthony | Bike<br>Momo        |                                | CAF*<br>Anthony               | Gym<br>Momo             | Bike<br>Momo    |
| 12 h 30 | Fitness<br>40 minutes<br>Momo        | CAF*<br>Momo        | Bike<br>40 minutes<br>Anthony  | Boxe<br>40 minutes<br>Anthony | Training<br>Momo        |                 |
| 13 h 15 |                                      |                     | Natation<br>enfants<br>Anthony |                               | Nage libre<br>13h15-15h |                 |
| 14 h 30 | Gym<br>Momo                          | Boxe<br>Anthony     |                                | Gym<br>Momo                   |                         |                 |
| 15 h 30 | Bike<br>Momo                         | Training<br>Anthony |                                | Nage libre<br>15h15-17h       | Bike<br>Anthony         |                 |
| 16 h 30 |                                      |                     |                                |                               | Bike<br>Anthony         |                 |
| 17 h 30 | Bike<br>Anthony                      | Bike<br>Anthony     | Fitness<br>Momo                | CAF*<br>Momo                  | Bike<br>Anthony         |                 |
| 18 h 30 | Fitness<br>Anthony                   | Bike<br>Anthony     | Boxe<br>Momo                   | Bike<br>Momo                  | CAF*<br>Anthony         |                 |
| 19 h 30 | Boxe<br>Anthony                      |                     | Training<br>Momo               | Bike<br>Momo                  |                         |                 |

\* CAF  
Cuisses Abdos Fessiers