

Emploi du temps Terrestre

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	10:00	10:00	10:00	10:00	10:00
APA	APA	APA	APA	APA	APA
11:00	11:00	11:00	11:00	11:00	11:00
	11:15		11:15	11:15	11:15
	APA		STRECH' RESPI	APA	APA
	12:15		12:15	12:15	12:15
14:30	14:30	14:30	14:30	14:30	
APA	APA	APA	APA	STRECH' RESPI	
15:30	15:30	15:30	15:30	15:30	
	15:45				
	PILATES				
	16:45				
17:00	17:00	17:00	17:00		
APA	APA	APA	APA		
18:00	18:00	18:00	18:00		
18:15	18:15	18:15	18:15	18:15	
APA	APA	APA	APARYTHMO	APA	
19:15	19:15	19:15	19:00	19:15	
19:30	19:30	19h30	19:30	19:30	
APA	Cross Training	PILATES	Cross Training	APA	
20:30	20:30	20:30	20:30	20:30	