



# GYMNASTIQUE VOLONTAIRE DE CERET

## HORAIRES DES COURS SAISON 2021/2022

| JOURS    | HORAIRES | ANIMATRICE | COURS          |
|----------|----------|------------|----------------|
| Lundi    | 9 h      | Isabelle   | Fitness        |
|          | 10h15    | Fatima     | Gym douce      |
|          | 14h30    | Pascale    | Extérieur      |
| Mardi    | 8h30     | Pascale    | Yoga           |
|          | 9h45     | Pascale    | Fitness        |
|          | 17h      | Pascale    | Qi gong        |
|          | 18h15    | Pascale    | Gym Tendance * |
|          | 19 h15   | Pascale    | Yoga           |
| Jeudi    | 8h30     | Pascale    | Fitness        |
|          | 9h45     | Pascale    | Pilates        |
|          | 18h15    | Pascale    | Cross-Training |
|          | 19h15    | Isabelle   | Pilates        |
| Vendredi | 8h30     | Pascale    | Gym douce      |
|          | 10h15    | Fatima     | Fitness        |

\* Planning mensuel alternant pound, fitball, step et énergie-boxing