

## LUNDI

10h00  
COACHING  
SPORT

11h00  
COACHING  
SPORT

12h15  
COACHING  
SPORT

14h00  
COACHING  
SPORT

17h00  
COACHING  
SPORT

18h00  
COACHING  
SPORT

19h00  
COACHING  
SPORT

20h00  
SEANCE  
EXPRESS

## MARDI

09h00  
COACHING  
SPORT

10h00  
COACHING  
SPORT

11h00  
COACHING  
SPORT

12h15  
COACHING  
SPORT

14h00  
COACHING  
SPORT

16h00  
COACHING  
SPORT

17h00  
COACHING  
SPORT

18h00  
COACHING  
SPORT

19h00  
COACHING  
SPORT

20h00  
SEANCE  
EXPRESS

## MERCREDI

09h00  
COACHING  
SPORT

12h15  
COACHING  
SPORT

13h00  
COACHING  
SPORT

16h00  
COACHING  
SPORT

17h00  
COACHING  
SPORT

## JEUDI

09h00  
COACHING  
SPORT

10h00  
COACHING  
SPORT

12h15  
COACHING  
SPORT

14h00  
COACHING  
SPORT

16h00  
COACHING  
SPORT

17h00  
COACHING  
SPORT

18h00  
COACHING  
SPORT

19h00  
COACHING  
SPORT

20h00  
SEANCE  
EXPRESS

## VENDREDI

09h00  
COACHING  
SPORT

10h00  
COACHING  
SPORT

11h00  
COACHING  
SPORT

12h15  
COACHING  
SPORT

14h00  
COACHING  
SPORT

15h00  
COACHING  
SPORT

16h00  
COACHING  
SPORT

17h00  
SEANCE  
EXPRESS

19h00  
LIGHT  
TRAINING

## SAMEDI