

Planning de la petite SALLE DES SPORTS (Année 2024-2025)

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8 H 00 –							
8 H 30 –							
9 H 00 –							
9 H 30 –							
10 H 00 –		Sport santé Multi-activités		Gym douce adulte			
10 H 30 –					OCS Gym santé		
11 H 00 –			Eveil Multisports				
11 H 30 –							
12 H 00 –							
12 H 30 –							
13 H 00 –							
13 H 30 –							
14 H 00 –							
14 H 30 –							
15 H 00 –		OCS Sport adapté Ty Coat		musique ecole			
15 H 30 –	OCS Sport handicap	Sport adapté Goanag					
16 H 00 –					OCS Handisport		
16 H 30 –							
17 H 00 –	Multisports Enfants			OCS sport enfants MS-GS Multisports			
17 H 30 –				EVEIL MULTISPORT			
18 H 00 –							
18 H 30 –							
19 H 00 –							
19 H 30 –							
20 H 00 –	Gym Ener'gym Adultes		Qi gong	YOGA			
20 H 30 –							
21 H 00 –							
21 H 30 –							
22 H 00 –							
22 H 30 –							