

## CHOISY TOUS EN FORME - PLANNING 2020/2021

	JOUR	HORAIRE	TYPE	EDUCATEURS	INFOS
<b>GYMNASE LEO LAGRANGE</b> 27 Boulevard des Alliés					
	MARDI	18H15/19H15	RENF. MUSCU	REMI	
	MERCREDI	12H15/13H15	RENF. MUSCU	JOANNE	
<b>COMPLET</b>	<del>VENDREDI</del>	<del>18H30/19H30</del>	<del>RENF. MUSCU</del>	<del>REMI</del>	
<b>GYMNASE RENE ROUSSEAU</b> 10 Avenue d'Alfortville					
<b>COMPLET</b>	<del>LUNDI</del>	<del>12H15/13H15</del>	<del>PILATES</del>	<del>VALERIE</del>	
<b>COMPLET</b>	<del>LUNDI</del>	<del>12H15/13H15</del>	<del>GYM DOUCE</del>	<del>REMI</del>	<i>Forfait douceur</i>
<b>COMPLET</b>	<del>LUNDI</del>	<del>18H/19H</del>	<del>GYM TONIC</del>	<del>BENOIT</del>	
<b>COMPLET</b>	<del>LUNDI</del>	<del>19H/20H30</del>	<del>STRETCHING</del>	<del>CHRISTINE</del>	
<b>COMPLET</b>	<del>MARDI</del>	<del>12H15/13H15</del>	<del>YOGA HATHA</del>	<del>BRUNO</del>	
	MARDI	13H30/14H30	YOGA HATHA	BRUNO	<i>Forfait douceur</i>
<b>COMPLET</b>	<del>MARDI</del>	<del>12H15/13H15</del>	<del>RENF. MUSCU</del>	<del>BENOIT</del>	
	MERCREDI	12H/13H	GYM TONIC	FRANCK	
<b>COMPLET</b>	<del>MERCREDI</del>	<del>18H/19H</del>	<del>RENF. MUSCU</del>	<del>SABRINA</del>	
<b>COMPLET</b>	<del>MERCREDI</del>	<del>19H/20H</del>	<del>GYM TONIC</del>	<del>SABRINA</del>	
<b>COMPLET</b>	<del>MERCREDI</del>	<del>20H/21H</del>	<del>PILATES</del>	<del>LIVY</del>	
<b>COMPLET</b>	<del>JEUDI</del>	<del>12H25/13H25</del>	<del>STRETCHING</del>	<del>CHRISTINE</del>	
<b>COMPLET</b>	<del>JEUDI</del>	<del>13H30/14H30</del>	<del>STRETCHING</del>	<del>REMI</del>	<i>Forfait douceur</i>
<b>COMPLET</b>	<del>JEUDI</del>	<del>12H15/13H15</del>	<del>GYM DOUCE</del>	<del>REMI</del>	<i>Forfait douceur</i>
	JEUDI	18H/19H	STRETCHING	MAURICE	
	JEUDI	19H/20H	RENF. MUSCU	MAURICE	
	VENDREDI	12H15/13H15	GYM TONIC	FRANCK	
	SAMEDI	09H30/11H00	JOGGING	MAURICE	
	SAMEDI	10H/11H	GYM TONIC	FRANCK	
<b>COMPLET</b>	<del>SAMEDI</del>	<del>10H/11H</del>	<del>YOGA YIN YANG</del>	<del>NORO</del>	
	SAMEDI	11H/12H	GYM TONIC	FRANCK	
<b>COMPLET</b>	<del>SAMEDI</del>	<del>11H/12H30</del>	<del>YOGA VINYASA</del>	<del>NORO</del>	
<b>GYMNASE PAUL LANGEVIN</b> 29 Rue Albert 1er					
	MARDI	18H/19H	CIRCUIT TRAINING	SABRINA	
	MARDI	19H/20H	CARDIO MUSCU	SABRINA	
<b>STADE JEAN BOUIN</b> 39 Rue pompadour					
	<del>LUNDI</del>	<del>12H15/13H15</del>	<del>OXYGENATION</del>	<del>FRANCK</del>	<i>Forfait douceur</i>
	LUNDI	18H/19H30	CARDIO RUNNING	FRANCK	
<b>COMPLET</b>	<del>JEUDI</del>	<del>9H/10H</del>	<del>OXYGENATION</del>	<del>BENOIT</del>	<i>Forfait douceur</i>
	JEUDI	18H/19H30	CARDIO RUNNING	FRANCK	
<b>GYMNASE MEHY</b> 60 Avenue Henri Corvol					
	MARDI	18H/19H	DANSES N1	RONNY	Niv. Débutants
	MARDI	19H/20H	DANSES N2	RONNY	Niv. Confirmés
<b>COMPLET</b>	<del>MARDI</del>	<del>20H/21H</del>	<del>ZUMBA</del>	<del>RONNY</del>	
<b>SALLE BASSE DU ROYAL</b> 13 Avenue Anatole France					
	<del>JEUDI</del>	<del>13H45/15H00</del>	<del>HATHA YOGA</del>	<del>DANIELE</del>	<i>Forfait douceur</i>
<b>COMPLET</b>	<del>JEUDI</del>	<del>19H15/20H15</del>	<del>YOGA VINYASA</del>	<del>NORO</del>	<i>Niv. Confirmés</i>
<b>PISCINE JEAN ANDRIEU</b> 2 Avenue Villeneuve St Georges					
<b>COMPLET</b>	<del>LUNDI</del>	<del>12H30/13H15</del>	<del>AQUAGYM</del>	<del>GUILLAUME</del>	
<b>COMPLET</b>	<del>LUNDI</del>	<del>18H30/19H15</del>	<del>AQUAGYM</del>	<del>VINCENT</del>	
<b>COMPLET</b>	<del>LUNDI</del>	<del>19H15/20H00</del>	<del>AQUAGYM</del>	<del>VINCENT</del>	
<b>COMPLET</b>	<del>MERCREDI</del>	<del>17H45/18H30</del>	<del>AQUAGYM</del>	<del>VINCENT</del>	<i>Forfait douceur</i>
<b>COMPLET</b>	<del>MERCREDI</del>	<del>18H30/19H15</del>	<del>AQUAGYM</del>	<del>VINCENT</del>	
<b>COMPLET</b>	<del>MERCREDI</del>	<del>19H15/20H</del>	<del>AQUAGYM</del>	<del>VINCENT</del>	
<b>COMPLET</b>	<del>JEUDI</del>	<del>20H/21H</del>	<del>AQUADANCE</del>	<del>SONIA</del>	
<b>COMPLET</b>	<del>VENDREDI</del>	<del>12H30/13H15</del>	<del>AQUAGYM</del>	<del>GUILLAUME</del>	
<b>ESPACE MOULOUDDJI</b> 1 Place Pierre Brossolette					
<b>COMPLET</b>	<del>JEUDI</del>	<del>10H45/11H45</del>	<del>PILATES</del>	<del>CORINNE</del>	
<b>HALLE DE THIAIS</b> 81 Avenue de Versailles / Thiais					
<b>COMPLET</b>	<del>MARDI</del>	<del>19H15/20H15</del>	<del>PILATES</del>	<del>JESSICA</del>	
	MARDI	20H15/21H15	ZUMBA	JESSICA	
<b>SALLE DE MARCEL CACHIN</b> Rue du Docteur Roux (adresse précise à venir)					
<b>COMPLET</b>	<del>LUNDI</del>	<del>19H/20H</del>	<del>HATHA YOGA</del>	<del>BRUNO</del>	
	LUNDI	20H15/21H15	HATHA YOGA	BRUNO	
	MARDI	19H45/20H45	STRETCHING	REMI	