

Emploi du temps Terrestre

LUNDI	MARDI		MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	10:00	ETAGE	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
	APA				STRECH' RESPI	APA
	12:15				12:15	12:15
					PILATES	
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	18:15
APA	APA		STRECH' RESPI	APA	APARYTHMO	APA
19:15	19:15		19:15	19:15	19:00	19:15
19:30	19:30		19:30	19:30	19:30	
APA	Cross Training		PILATES	Cross Training	APA	
20:30	20:30		20:30	20:30	20:30	