

## Emploi du temps Terrestre

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
10:00 APA	10:00 APA	ETAGE	10:00 APA	10:00 APA	10:00 APA
11:00	11:00 11:15 APA	ETAGE	11:00 11:15 STRECH' RESPI	11:00 11:15 APA	11:00 11:15 APA
	12:15		12:15	12:15	12:15
	14:30 APA	14:00 APA	14:30 APA	14:30 STRECH' RESPI	
	15:30 15:45 PILATES	15:00	15:30	15:30	
17:00 APA	16:45 17:00 APA	17:00 APA	17:00 APA		
18:00	18:00	18:00 PILATES	18:00		
18:15 APA	18:15 APA	18:15 APA	18:15 APA	18:15 APA	
19:15	19:15 STRECH' RESPI	19:15	18:30 APARythmo	19:00 PILATES	
19:30 APA	19:30 Cross Training	19h30 PILATES	19:15 19:30 Cross Training	19:15 19:30 APA	
20:30	20:30	20:30	20:30	20:00 20:30	