

# CAL GORBELLA 2011 2012

|                 |                | 8h30       |      |      | 9h à 10h              |       |       | 10h à 11h          |       |       | 11h à 12h          |       |       | 12h à 13h         |       |       | 13h à 14h          |       |       | 14h à 15h             |       |       | 15h à 16h             |       |       | 16h à 17h            |       |       | 17h à 18h                 |       |       | 18h à 19h                 |       |       | 19h à 20h               |       |       | 20h à 21h       |  |  | 21h30 |  |  |
|-----------------|----------------|------------|------|------|-----------------------|-------|-------|--------------------|-------|-------|--------------------|-------|-------|-------------------|-------|-------|--------------------|-------|-------|-----------------------|-------|-------|-----------------------|-------|-------|----------------------|-------|-------|---------------------------|-------|-------|---------------------------|-------|-------|-------------------------|-------|-------|-----------------|--|--|-------|--|--|
|                 |                | 9h         | 9h30 | 9h45 | 10h                   | 10h30 | 10h45 | 11h                | 11h30 | 11h45 | 12h                | 12h30 | 12h45 | 13h               | 13h30 | 13h45 | 14h                | 14h30 | 14h45 | 15h                   | 15h30 | 15h45 | 16h                   | 16h30 | 16h45 | 17h                  | 17h30 | 17h45 | 18h                       | 18h30 | 18h45 | 19h                       | 19h30 | 19h45 | 20h                     | 20h30 | 20h45 |                 |  |  |       |  |  |
| <b>LUNDI</b>    | <b>3ème</b>    | STRETCH    |      |      | BODY GYM              |       |       |                    |       |       | BODY GYM           |       |       |                   |       |       | BODY GYM           |       |       |                       |       |       | BODY GYM              |       |       | POWER GYM            |       |       | FAC                       |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | PILATES    |      |      | GYM DOS               |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       | CLASSIQUE 1           |       |       | CLASSIQUE 2          |       |       | DANSE LATINO AMERICAINE 1 |       |       | DANSE LATINO AMERICAINE 2 |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       | BABY JUDO            |       |       | JUDO 6/10                 |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 8H30       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       |                   |       |       | 15H30              |       |       | MUSCULATION AVEC PROF |       |       |                       |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    | 8H30       |      |      | CARDIO                |       |       |                    |       |       | 12H30              |       |       |                   |       |       |                    |       |       | 16H00                 |       |       | CARDIO                |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       | Dessin Peinture Enf. |       |       | Dessin couleur Ad av.     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
| <b>MARDI</b>    | <b>3ème</b>    | BODY GYM   |      |      | POWER GYM             |       |       |                    |       |       | BODY GYM           |       |       |                   |       |       |                    |       |       | POWER GYM             |       |       | FAC                   |       |       | STRETCH              |       |       | BODY GYM                  |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | BODY GYM*  |      |      | PEINTURE A L HUILE    |       |       |                    |       |       |                    |       |       |                   |       |       | Dessin couleur Ad. |       |       |                       |       |       | FUNK 1                |       |       | FUNK 2               |       |       | FUNK 3                    |       |       | LIA                       |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    | YOGA Av.   |      |      | YOGA Déb.*            |       |       |                    |       |       | MIXED MARTIAL ARTS |       |       |                   |       |       |                    |       |       |                       |       |       | Taekwondo 4/8         |       |       | Taekwondo 8 et +     |       |       |                           |       |       | AIKIDO Ado Ad.            |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 8H30       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       |                   |       |       | 15H30              |       |       | MUSCULATION AVEC PROF |       |       |                       |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    |            |      |      | 10H00                 |       |       | CARDIO             |       |       | 12H30              |       |       |                   |       |       |                    |       |       | 16H00                 |       |       | CARDIO                |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       | ANGLAIS Moy. Av.          |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       | THEATRE adultes           |       |       |                         |       |       |                 |  |  |       |  |  |
| <b>MERCREDI</b> | <b>3ème</b>    | GRS 6/8    |      |      | Baby gym 4/6          |       |       | GRS 8/10           |       |       |                    |       |       | GRS +10ans        |       |       | JAZZ Enf.          |       |       |                       |       |       |                       |       |       | FAC                  |       |       | BODY GYM                  |       |       | Circuit training          |       |       | BODY GYM                |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | BODY GYM   |      |      | CLASSIQUE 1           |       |       | EVEIL DANSE 4/6ans |       |       |                    |       |       | CLASSIQUE 2       |       |       | CLASSIQUE 3        |       |       | JAZZ Int.             |       |       | JAZZ Ado.             |       |       | JAZZ Adultes Av.     |       |       | CLAQUETTES Ado Ad.        |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    | BABY JUDO  |      |      | JUDO 6/8              |       |       | JUDO 8/10          |       |       |                    |       |       | AIKIDO 5/8        |       |       | AIKIDO 9/14        |       |       | KARATE 4/6            |       |       | KARATE 7/10           |       |       | KARATE 11/14         |       |       |                           |       |       | KARATE Ado Ad;            |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 8H30       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       | 13H30             |       |       |                    |       |       | 15H30                 |       |       | MUSCULATION AVEC PROF |       |       |                      |       |       |                           |       |       | 20H00                     |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    |            |      |      | 10H00                 |       |       | CARDIO             |       |       | 12H30              |       |       |                   |       |       |                    |       |       | 16H00                 |       |       | CARDIO                |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       | CHANT Ado Ad déb.         |       |       | CHANT Ado Ad Av.        |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       | SPECTACLES JEUNE PUBLIC |       |       |                 |  |  |       |  |  |
| <b>JEUDI</b>    | <b>3ème</b>    | STRETCH    |      |      | BODY GYM              |       |       |                    |       |       | BODY GYM           |       |       |                   |       |       |                    |       |       |                       |       |       | FAC                   |       |       | POWER GYM            |       |       | POWER PILATES             |       |       | BODY GYM                  |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | PILATES    |      |      | GYM DOS               |       |       |                    |       |       |                    |       |       |                   |       |       | PEINTURE A L HUILE |       |       |                       |       |       |                       |       |       |                      |       |       | SALSA 1                   |       |       | SALSA 2                   |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       | Taekwondo 4/8        |       |       | Taekwondo 8 et +          |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 8H30       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       | 13H30             |       |       |                    |       |       | 15H30                 |       |       | MUSCULATION AVEC PROF |       |       |                      |       |       |                           |       |       | 20H00                     |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    | 8H30       |      |      | CARDIO                |       |       |                    |       |       | 12H30              |       |       |                   |       |       |                    |       |       | 16H00                 |       |       | CARDIO                |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       | Dessin coul Ad av.        |       |       | peinture à l'huile Ad.  |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       | THEATRE Enf.              |       |       | THEATRE Enf. Av.        |       |       | THEATRE adultes |  |  |       |  |  |
| <b>VENDREDI</b> | <b>3ème</b>    | BODY GYM   |      |      | POWER GYM             |       |       |                    |       |       | BODY GYM           |       |       |                   |       |       | BODY GYM           |       |       |                       |       |       |                       |       |       | FAC                  |       |       | Circuit training          |       |       | PILATES                   |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | BODY GYM*  |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    | YOGA Av.   |      |      | YOGA Déb.*            |       |       |                    |       |       | MIXED MARTIAL ARTS |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       | KARATE 4/6           |       |       | KARATE 7/10               |       |       | KARATE 11/14              |       |       | KARATE Ado Ad;          |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 8H30       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       | 13H30             |       |       |                    |       |       | 15H30                 |       |       | MUSCULATION AVEC PROF |       |       |                      |       |       |                           |       |       | 20H00                     |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    |            |      |      | 10H00                 |       |       | CARDIO             |       |       | 12H30              |       |       |                   |       |       |                    |       |       | 16H00                 |       |       | CARDIO                |       |       |                      |       |       | 20H00                     |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       | ANGLAIS Déb.              |       |       | ANGLAIS Av.             |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
| <b>SAMEDI</b>   | <b>3ème</b>    | POWER      |      |      | BODY GYM              |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>4ème</b>    | BODY GYM   |      |      | STRETCH               |       |       | Danse Orientale 1  |       |       | Danse Orientale 2  |       |       | Danse Orientale 3 |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>5ème</b>    | AIKIDO 5/8 |      |      | AIKIDO Ado Ad.        |       |       | AIKIDO 9/14        |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>6ème</b>    | 9H00       |      |      | MUSCULATION AVEC PROF |       |       |                    |       |       |                    |       |       | 12H30             |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>7ème</b>    | 9H00       |      |      | CARDIO                |       |       |                    |       |       | 12H30              |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>S/Sol</b>   |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |
|                 | <b>Théâtre</b> |            |      |      |                       |       |       |                    |       |       |                    |       |       |                   |       |       |                    |       |       |                       |       |       |                       |       |       |                      |       |       |                           |       |       |                           |       |       |                         |       |       |                 |  |  |       |  |  |

## CAL GORBELLA - PLANNING DES COURS EN SALLE SAISON 2011-2012

La Direction adjointe de l'animation et des loisirs se réserve le droit de modifier les horaires ou la nature des activités proposées ou d'annuler un cours si le nombre d'inscrits s'avère insuffisant pour justifier son maintien. Les cours enfants et jeunes et les cours avec \* sont interrompus durant les vacances scolaires.