

CAL SAINT AUGUSTIN

| | | 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 | | | | | | | | | | | | | | |
|------------------|------------------|--------------------|------|------|--------------|-------|-------|-----------|-----|-------|----------------|-------|-----|--------------------|-------|-------|------------|-------|-------|------------|-----|-------|-----------|-------|----------------------------|------------------------------------|------------------|-------|--------------------------------------|-------------------|-------|-------------------------------|--------------------|-------------------------|--------------------------------|-------|--------------------------|----------------------|-------|------------------------------|------------------|-------|--------------------------|----------------------|-----|------------------------------|------------------|-------|--|
| | | 9h | 9h15 | 9h30 | 10h | 10h15 | 10h30 | 10h45 | 11h | 11h15 | 11h30 | 11h45 | 12h | 12h15 | 12h30 | 12h45 | 13h | 13h15 | 13h30 | 13h45 | 14h | 14h15 | 14h30 | 14h45 | 15h | 15h15 | 15h30 | 15h45 | 16h | 16h15 | 16h30 | 16h45 | 17h | 17h15 | 17h30 | 17h45 | 18h | 18h15 | 18h30 | 18h45 | 19h | 19h15 | 19h30 | 19h45 | 20h | 20h15 | 20h30 | 20h45 | |
| LUNDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | HIP HOP 7/10ans | HIP HOP 11/13ans | | | HIP HOP ado av | | | FUNK ADO/ADULTE | | | | | | | | | | | | | | | | |
| | Salle 2 | BODY GYM | | | STRECH'N'TON | | | | | | BODY-GYM TONIC | | | | | | | | | | | | BODY GYM | | | POWER-GYM | | | STRECH'N'TON | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MARDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | D. CLASSIQUE NIVEAU 2 (9-11ANS) | | | TANGO ARGENTIN | | | TANGO ARGENTIN | | | | | | | | | | | | | | | | | |
| | Salle 2 | BODY GYM | | | ABDO-STRECH | | | | | | F.A.C. | | | | | | | | | L.I.A. | | | PILATES | | | | | | RAGGA | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | salle culturelle | | | | | | | | | | | | | | | | | | | | | | | | | ANGLAIS débutants | | | ANGLAIS Avancés | | | | | | | | | | | | | | | | | | | | |
| | salle musique | | | | | | | | | | | | | | | | | | | | | | | | | | | | PERCUSSIONS Débutants | | | PERCUSSIONS Avancés | | | | | | | | | | | | | | | | | |
| Dojo | | | | | | | | | | | | | | | | | | | | | | | | | GYM MAMAN/BEBE | | | | | | | | | YOSEIKAN BUDO 4-7ans | | | YOSEIKAN BUDO 8-12ans | | | YOSEIKAN-BUDO ado/adultes | | | | | | | | | |
| MERCREDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | D. CLASSIQUE NIVEAU 2 (9-11ANS) | | | D. CLASSIQUE INITIATION (5-7 ANS) | | | D.CLASSIQUE EVEIL (4-5ANS) | | | D. CLASSIQUE NIVEAU 1 dès 8 | | | SALSA ado/adultes | | | ROCK | | | DANSE DE SALON | | | | | |
| | Salle 2 | POWER GYM | | | F.A.C. | | | | | | BODY GYM TONIC | | | | | | URBAN MOVE | | | URBAN MOVE | | | BODY GYM | | | STEP | | | STRECH'N'TON | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | salle musique | EVEIL MUSICAL | | | SOLFEGE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Dojo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | GRS 1 | | | GRS 2 | | | | | | KARATE ENFANT | | | KARATE ADOLESCENT | | | KARATE ADULTE | | |
| Atelier création | | | | | | | | | | | | | | | | | | | | | | | | | ARTS PLASTIQUES enfants | | | | | | | | | | | | | | | | | | | | | | | | |
| JEUDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | RAGGA Adultes | | | | | |
| | Salle 2 | BODY-GYM | | | ABDO-STRECH | | | | | | F.A.C. | | | | | | | | | | | | L.I.A. | | | PILATES | | | F.A.C. | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | salle terrasse | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | théâtre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dojo | | | | | | | | | | | | | | | | | | | | | | | | | GYM MAMAN/BEBE | | | | | | | | | | | | | | | YOSEIKAN BUDO 4-7ans | | | YOSEIKAN BUDO 8-12ans | | | YOSEIKAN-BUDO ado/adultes | | | |
| VENDREDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | HIP-HOP 7/10ans | | | HIP-HOP 11/13 ans | | | HIP-HOP ADO | | | FUNK ADO/ADULTE | | | | | | | | | | | | | | |
| | Salle 2 | BODY-GYM | | | POWER GYM | | | | | | BODY GYM TONIC | | | | | | | | | | | | POWER-GYM | | | STEP | | | STRECH'N'TON | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Dojo | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | KARATE ENFANT | | | KARATE ADOLESCENT | | | KARATE ADULTE | | |
| SAMEDI | Salle 1 | | | | | | | | | | | | | | | | | | | | | | | | | F.A.C. | | | L.I.A. | | | | | | | | | | | | | | | | | | | | |
| | Salle 2 | | | | | | | | | | | | | | | | | | | | | | | | | URBAN MOVE 7-12 ans | | | | | | | | | | | | | | | | | | | | | | | |
| | Musculation | MUSCULATION/CARDIO | | | | | | | | | | | | MUSCULATION/CARDIO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

CAL SAINT AUGUSTIN - 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 sont interrompus pendant les vacances scolaires.