

	<i>Lundi</i>	<i>Mardi</i>	<i>Mercredi</i>	<i>Jeudi</i>	<i>Vendredi</i>
08 :00					
08 :30					
09 :00	<b>Step</b> - Sport Santé (9h-10h)	<b>Step</b> – Sport Santé (9h-10h)			<b>Marche</b> – Sport Santé (9h-10h)
09 :30					
10 :00	<b>Marche</b> – Sport Santé (10h-11h)	<b>Marche</b> – Sport Santé (10h-11h)			<b>RM</b> – Sport Santé (10h-11h)
10 :30					
11 :00	<b>Gym quotidienne</b> – Sport Santé (11h-12h)	<b>Gym quotidienne</b> – Sport Santé(11h-12h)			
11 :30					
12 :00	<b>PAUSE REPAS</b>				
12 :30	<b>PAUSE REPAS</b>				
13 :00					
13 :30					
14 :00		<b>RM</b> – Sport Santé (14h-15h)			
14 :30					
15 :00		<b>GYM Douce</b> – Sport Santé (15h-16h)			
15 :30					
16 :00		<b>Marche</b> – Sport			

16 :30		Santé (16h-17h)		
17 :00				