

## PLANNING ENTRAINEMENT- Adultes santé bien etre

|       | Lundi | Mardi | Mercredi                                           | Jeudi                               | Vendredi | Samedi                                       | Dimanche |
|-------|-------|-------|----------------------------------------------------|-------------------------------------|----------|----------------------------------------------|----------|
| 06:30 |       |       |                                                    |                                     |          |                                              |          |
| 07:00 |       |       |                                                    |                                     |          |                                              |          |
| 08:00 |       |       |                                                    |                                     |          |                                              |          |
| 09:00 |       |       |                                                    |                                     |          | Marche<br>Piscine<br>Lothaire<br>09:00-11:00 |          |
| 10:00 |       |       |                                                    |                                     |          |                                              |          |
| 11:00 |       |       |                                                    |                                     |          |                                              |          |
| 12:00 |       |       |                                                    |                                     |          |                                              |          |
| 13:00 |       |       |                                                    |                                     |          |                                              |          |
| 14:00 |       |       |                                                    |                                     |          |                                              |          |
| 15:00 |       |       |                                                    |                                     |          |                                              |          |
| 16:00 |       |       |                                                    |                                     |          |                                              |          |
| 17:00 |       |       |                                                    |                                     |          |                                              |          |
| 18:00 |       |       |                                                    |                                     |          |                                              |          |
| 19:00 |       |       | Aqua jogging<br>Piscine<br>Lothaire<br>19:00-20:00 |                                     |          |                                              |          |
| 20:00 |       |       |                                                    | Natation<br>Lothaire<br>20:00-21:00 |          |                                              |          |
| 21:00 |       |       |                                                    |                                     |          |                                              |          |
| 21:30 |       |       |                                                    |                                     |          |                                              |          |