| quoi ? **quand** ? | où ? | qui ? | 9h | 9h30 | 10h | 10h30 | 11h | 11h30 | 12h | 12h30 | 13h | 13h30 | 14h | 14h30 | 15h | 15h30 | 16h | 16h30 | 17h | 17h30 | 18h | 18h30 | 19h | 19h30 | 20h | 20h30 | 21h | 21h30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lundi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pilates | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - marche nordique débutant/moyen | | Sana Trevisan | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - marche nordique confirmé | | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - gym adaptée sénior G1 | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - Sport Santé Bien être | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bad - badminton adapté | Courcelles | Samir Boucham | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TCC | espace sportif | Jacqueline et Chantal Collin | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yoga | salle 13 | Maryline Berthelot | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yoga | salle 13 | Maryline Berthelot | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Mardi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - Sport Santé Sénior | espace sportif | Corinne Frauger | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - gym adaptée sénior G2 | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Athlétisme | stade gif centre | Christine Kling | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Mercredi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| RDV suivi sport santé | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - Sport Santé Bien être | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - Sport Santé Sénior | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yoga | salle 13 | Maryline Berthelot | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yoga | salle 13 | Maryline Berthelot | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Jeudi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - gym adaptée sénior | espace sportif | Béatrice Rilhac | | | | | | | | | | | | | | G1 | | G2 | | | | | | | | | | |
| Taïso | Dojo Courcelles | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Vendredi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - marche nordique débutant/moyen | | Sana Trevisan | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GV - marche nordique confirmé | | Corine Cousin | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Samedi** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bad - fit'minton | Courcelles | Samir Boucham | | | | | | | | | | | | | | | | | | | | | | | | | | |