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| --- | --- | --- | --- | --- | --- | --- |
| **ECOLE J. JAURES** | **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** |
|  |  |  | **15H00 / 15H50****5/8 ANS****16H00 / 16H50****3 / 7 ANS** |  |  | **10H00 / 10H50****CARDIO TRAINING** |
|  |  |  | **17H00 / 18H00****8 / 14 ANS** |  | **18H30 / 19H20****7/14 ANS PLASTRON** |  |
|  | **18H30 / 19H20****5/8 ANS**  | **18H30 / 19H30****9 / 14 ANS** | **18H15 / 19H30****Ados / Adultes** | **18H30 / 19H30****9 / 14 ANS** |  **18H30 / 19H50****ADOS / ADULTES****PLASTRON** |  |
|  | **19H30 / 20H45****ADOS / ADULTES****Techniques** | **19H30 / 20H45****ADOS / ADULTES** | **19H40 / 20H30****CARDIO TRAINING** | **19H30 / 20H45****ADOS/ADULTES** | **20H00 / 20H50****CARDIO TRAINING** |  |

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