

AnimaNice GORBELLA 2015 2016

| | | 8h30 | 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 | | | 21h30 |
|----------|-------|------|------------------|------|------|---|-------|-------|------------------|-------|-------|---------------------|-------|-------|-------------------|-------|-------|-----------------------|-------|-----------------|--|-------|------------------------|--------------------------|-------|-----------------|-------------------|-------|-------|-----------------------|-------|-------|----------------------|-------|-------|-----------|-------|-------|-------|
| | | | 9h | 9h30 | 9h45 | 10h | 10h30 | 10h45 | 11h | 11h30 | 11h45 | 12h | 12h30 | 12h45 | 13h | 13h30 | 13h45 | 14h | 14h30 | 14h45 | 15h | 15h30 | 15h45 | 16h | 16h30 | 16h45 | 17h | 17h30 | 17h45 | 18h | 18h30 | 18h45 | 19h | 19h30 | 19h45 | 20h | 20h30 | 20h45 | |
| LUNDI | 3ème | | STRETCHING | | | BODY GYM | | | | | | BODY GYM | | | | | | BODY GYM | | | BODY GYM | | | FAC | | | PILATES | | | KARATE Ado Ad. | | | | | | | | | |
| | 4ème | | PILATES | | | GYM DOS | | | PILATES | | | | | | | | | GRS | | | BABY GYM | | | GRS | | | DANSE RAGGA | | | Danse Orientale | | | | | | | | | |
| | 5ème | | | | | | | | | | | | | | | | | | | | JUDO 4/6ans | | | JUDO 6/8 | | | JUDO 8/12 | | | FULL CONTACT Ado Ad. | | | | | | | | | |
| | 6ème | | 8H30 | | | MUSCULATION AVEC PROF | | | | | | 13H30 | | | | | | 15H30 | | | MUSCULATION AVEC PROF | | | | | | 20H00 | | | | | | | | | | | | |
| | 7ème | | 8H30 | | | CARDIO | | | | | | 12H30 | | | | | | | | | 16H00 | | | CARDIO | | | | | | 20H00 | | | | | | | | | |
| | S/Sol | | | | | Séances dirigées training d'1/2 heure à 9h15 et 11h15 | | | | | | | | | | | | | | | Séances dirigées training d'une 1/2 heure à 17h15 et 19h15 | | | | | | | | | | | | | | | | | | |
| Théâtre | | | | | | | | | | | | | | | | | | | | Arts plastiques | | | DESSIN Ad av. | | | | | | | | | | | | | | | | |
| MARDI | 3ème | | STRETCHING | | | POWER GYM | | | | | | BODY GYM | | | | | | | | | POWER GYM | | | STRETCHING | | | FAC | | | BODY GYM | | | | | | | | | |
| | 4ème | | FAC | | | | | | | | | | | | | | | | | | FUNK 1 | | | FUNK 2 | | | ZUMBA 16ans et + | | | LIA | | | | | | | | | |
| | 5ème | | YOGA Av. | | | YOGA Déb. | | | | | | | | | | | | | | | Taekwondo 4/6 | | | Taekwondo 7/11 | | | Taekwondo Ado Ad. | | | AIKIDO Ado Ad. | | | | | | | | | |
| | 6ème | | 8H30 | | | MUSCULATION AVEC PROF | | | | | | 13H30 | | | | | | 15H30 | | | MUSCULATION AVEC PROF | | | | | | 20H00 | | | | | | | | | | | | |
| | 7ème | | | | | 10H00 | | | CARDIO | | | 12H30 | | | | | | | | | 16H00 | | | CARDIO | | | | | | 20H00 | | | | | | | | | |
| | S/Sol | | | | | Séance dirigée training d'1/2 heure à 11h15 | | | | | | | | | | | | | | | Séances dirigées training d'une 1/2 heure à 17h15 et 19h15 | | | | | | | | | | | | | | | | | | |
| Théâtre | | | | | | | | | | | | | | | | | | | | THEATRE Enf. | | | THEATRE Ado | | | THEATRE adultes | | | | | | | | | | | | | |
| | | 8h30 | 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 | | | 21h30 |
| MERCREDI | 3ème | | BODY GYM | | | STRETCHING | | | | | | | | | DANSE JAZZ enf. | | | DANSE CLAQUETTES enf. | | | FAC | | | BODY GYM | | | POWER GYM | | | BODY GYM | | | | | | | | | |
| | 4ème | | | | | | | | | | | DANSE CLASSIQUE 1/2 | | | DANSE CLASSIQUE 3 | | | DANSE JAZZ Ado | | | DANSE JAZZ Adultes Av. | | | DANSE CLAQUETTES Ado Ad. | | | | | | | | | | | | | | | |
| | 5ème | | | | | | | | | | | AIKIDO 5/8 | | | AIKIDO 9/14 | | | KARATE 4/6 | | | KARATE 7/10 | | | KARATE 11/14 | | | PILATES | | | YOGA | | | KARATE Ado Ad | | | | | | |
| | 6ème | | 8H30 | | | MUSCULATION AVEC PROF | | | | | | 13H30 | | | | | | 15H30 | | | MUSCULATION AVEC PROF | | | | | | 20H00 | | | | | | | | | | | | |
| | 7ème | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S/Sol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Théâtre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JEUDI | 3ème | | STRETCHING | | | BODY GYM | | | | | | BODY GYM | | | | | | BODY GYM | | | FAC | | | POWER GYM | | | STRETCHING | | | BODY GYM | | | | | | | | | |
| | 4ème | | PILATES | | | GYM DOS | | | PILATES | | | DANSE COUNTRY | | | | | | | | | | | | DANSE EVEIL 1 | | | DANSE EVEIL 2 | | | DANSE SALSA Déb | | | DANSE SALSA Av. | | | | | | |
| | 5ème | | | | | | | | | | | | | | | | | | | | | | | JUDO 6/8ans | | | JUDO 8/12ans | | | FULL CONTACT Enf 9/13 | | | FULL CONTACT Ado Ad. | | | | | | |
| | 6ème | | 8H30 | | | MUSCULATION AVEC PROF | | | | | | 13H30 | | | | | | 15H30 | | | MUSCULATION AVEC PROF | | | | | | 20H00 | | | | | | | | | | | | |
| | 7ème | | 8H30 | | | CARDIO | | | | | | 12H30 | | | | | | | | | 16H00 | | | CARDIO | | | | | | 20H00 | | | | | | | | | |
| | S/Sol | | | | | Séances dirigées training d'1/2 heure à 9h15 et 11h15 | | | | | | | | | | | | | | | Séances dirigées training d'une 1/2 heure à 17h15 et 19h15 | | | | | | | | | | | | | | | | | | |
| Théâtre | | | | | | | | | | | | | | | | | | | | | | | peinture à l'huile Ad. | | | THEATRE adultes | | | | | | | | | | | | | |
| | | 8h30 | 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 | | | 21h30 |
| VENDREDI | 3ème | | ZUMBA 16ans et + | | | POWER GYM | | | | | | BODY GYM | | | | | | | | | POWER GYM | | | FAC | | | BODY GYM | | | | | | | | | | | | |
| | 4ème | | BODY GYM | | | | | | | | | | | | | | | | | | | | | STRETCHING | | | LIA | | | FUNK 3 | | | ZUMBA 16ans et + | | | | | | |
| | 5ème | | YOGA Av. | | | YOGA Déb. | | | | | | | | | | | | | | | | | | Taekwondo 4/6 | | | Taekwondo 7/11 | | | Taekwondo Ado Ad. | | | | | | | | | |
| | 6ème | | 8H30 | | | MUSCULATION AVEC PROF | | | | | | 13H30 | | | | | | 15H30 | | | MUSCULATION AVEC PROF | | | | | | 20H00 | | | | | | | | | | | | |
| | 7ème | | | | | 10H00 | | | CARDIO | | | 12H30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S/Sol | | ANGLAIS moyen | | | ANGLAIS avancé | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Théâtre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SAMEDI | 3ème | | ZUMBA 16ans et + | | | STRETCHING | | | ZUMBA 16ans et + | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4ème | | BODY GYM | | | BODY GYM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5ème | | AIKIDO 5/8 | | | AIKIDO Ado Ad. | | | AIKIDO 9/14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6ème | | 9H00 | | | MUSCULATION AVEC PROF | | | | | | 12H30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7ème | | 9H00 | | | CARDIO | | | | | | 12H30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

AnimaNice GORBELLA - PLANNING DES COURS EN SALLE SAISON 2015-2016

La Direction de l'Animation et de la Vie Associative 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 durant les vacances scolaires.

Activités OPEN

Activités FIXES