

ESPACE MAUDEANE - PLANNING DES COURS EN SALLE



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| Dolicho |
| CMP Dolicho |
| AC Dolicho |

Dolicho : Dolichopraxie (étirements et renforcements)

CMP : Coordination Motrice et Proprioceptio

AC: Athlétisation Corporelle

| | 9h30 | 10h30 | | | | 18h30 | 19h30 | 20h | 21h | | | | |
|----------|------|-------------|--|-------|-------------|-------|-------------|---------|---------|-------|-------------|------------|-----|
| Lundi | | CMP Dolicho | | | | | CMP Dolicho | | Dolicho | | | | |
| Mardi | 9h | Dolicho | | 12h30 | CMP Dolicho | | 18h15 | Dolicho | 19h15 | 19h45 | CMP Dolicho | 20h45 | |
| Mercredi | 9h | Dolicho | | 10h30 | Dolicho | | 17h15 | Dolicho | 18h15 | 18h45 | Dolicho | 20h45 | |
| Jeudi | 8h45 | Dolicho | | 9h45 | CMP Dolicho | | 18h | Dolicho | 19h | 19h30 | AC Dolicho | 20h30 | |
| Vendredi | | | | | | | 18h | Dolicho | 19h | | | | |
| Samedi | 9h | Dolicho | | 10h | | | | | | | 11h | AC Dolicho | 12h |