

Heure	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H00		Stretching postural Clohars Carnoet		Renfo cardio pilate Calan		
	DO IN Clohars Carnoet	9h-10h		09h-10h00		Marche Nordique
10H00	9h30-10h30	Renforcement doux Clohars Carnoet		Stretching postural Calan		9h30
		10h15-11h15		10h-11h00		
11H00						
		Stretching postural Lorient		Stretching postural Lorient		
13H30		12h15 – 13h15		12h15-13h15		
14H00				Marche Nordique	Marche douce	
14H30	Marche Nordique	Marche Nordique		14h-16h	14h 16h	
15H00	14h30-16h	14h30-16h				
17H00	Stretching postural Clohars Carnoet			Renforcement doux Clohars Carnoet	Stretching Postural Clohars Carnoet	
	17h-18h			17h-18h	17h-18h	
17H45					Course à pied	
18H00	Stretching postural Clohars Carnoet	Renfo musculaire Lorient	Stretching postural Calan	Stretching postural Clohars Carnoet	18h15-19h15	
	18h-19h	18h-19h	18h15-19h15	18h00-19h00		
19H00				DO IN Clohars Carnoet		
19H15	Course à pied		Stretching postural Calan	19h15-20h15		
	19h15-20h15	Renfo musculaire Clohars Carnoet	19h30-20h30	Renforcement cardio Calan		
20H00		19h30-20h30		19h30-20h30		