



LE TREMPLIN
 . CENTRE SPORTIF .
 SAINT-GERMAIN-EN-LAYE

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
	Coaching : Gaëlle	Coaching : Jean-Pierre	Coaching : Jean-Pierre	Coaching : Jean-Pierre	Coaching : Gaëlle
11h30-12h15	VOLLEY	BADMINTON	BASKET	BASKET	ABDOS FLASH (12h00-12h15)
12h15-13h00	PILATES / VOLLEY	CARDIO FIT	RMG	CROSS TRAINING	MOBILITY TRAINING / VOLLEY
	Coaching : Willy	Coaching : Willy	Coaching : Willy	Coaching : Willy	
17h30-18h15	HANDBALL	HANDBALL	BADMINTON	BASKET	
18h30-19h15	CIRCUIT TRAINING	RMG	CROSS TRAINING	HANDBALL / PILATES	
19h30-20h30	BADMINTON	BADMINTON	VOLLEY	FUTSAL	