



HORAIRE DU GYMNASÉ



LUNDI				MARDI				MERCREDI				JEUDI				VENDREDI									
Gym 1	Gym 2	Gym 3	Poly	Gym 1	Gym 2	Gym 3	Poly	Gym 1	Gym 2	Gym 3	Poly	Gym 1	Gym 2	Gym 3	Poly	Gym 1	Gym 2	Gym 3	Poly						
		cond. p.	soccer	8 h 00	bad	bad	bad									8 h 00		multiact.	multiact.						
		cond. p.	soccer	8 h 30	bad	bad	bad									8 h 30		multiact.	multiact.						
		cond. p.	soccer	9 h 00	bad	bad	bad									9 h 00		multiact.	multiact.						
		cond. p.	soccer	9 h 30	bad	bad	bad		volley	volley	relax	relax				9 h 30		multiact.	multiact.						
multisport	multisport		aérobie	10 h 00			cond. p.		volley	volley	relax	relax			cond. p.	aérobie				cyclo					
multisport	multisport		aérobie	10 h 30			cond. p.		volley	volley		relax			cond. p.	aérobie				cyclo					
multisport	multisport		aérobie	11 h 00			cond. p.		volley	volley		relax			cond. p.	aérobie				cyclo					
multisport	multisport		aérobie	11 h 30			cond. p.								cond. p.	aérobie				cyclo					
	Période libérée de cours RÉSERVATION OBLIGATOIRE		cardio	12 h 00						Période libérée de cours RÉSERVATION OBLIGATOIRE						12 h 00									
			tonus	12 h 30				ultimate									12 h 30				soccer				
				13 h 00				ultimate									13 h 00					soccer			
multisport	multisport	cond. p.		13 h 30	bad	bad	bad	ultimate	tennis	tennis	tennis					13 h 30				soccer					
multisport	multisport	cond. p.		14 h 00	bad	bad	bad	ultimate	tennis	tennis	tennis					14 h 00				soccer					
multisport	multisport	cond. p.		14 h 30	bad	bad	bad		tennis	tennis	tennis					14 h 30									
multisport	multisport	cond. p.		15 h 00	bad	bad	bad		tennis	tennis	tennis					15 h 00									
relax	multiact.	multiact.	relax	15 h 30	relax	multiact.	multiact.	relax	volley	volley	relax	relax	multisport	multisport		aérobie				15 h 30	soccer m	soccer m	soccer m		
relax	multiact.	multiact.	relax	16 h 00	relax	multiact.	multiact.	relax	volley	volley	relax	relax	multisport	multisport		aérobie				16 h 00	soccer m	soccer m	soccer m	jiu-jitsu	
	multiact.	multiact.	relax	16 h 30		multiact.	multiact.	relax	volley	volley		relax	multisport	multisport		aérobie				16 h 30	soccer m	soccer m	soccer m	jiu-jitsu	
	multiact.	multiact.	relax	17 h 00		multiact.	multiact.	relax	volley	volley		relax	multisport	multisport		aérobie				17 h 00	soccer m	soccer m	soccer m		
basket f	volley f	bad mix.	location	17 h 30	soccer f	soccer	soccer m	danse	volley f	bad mix.	bad mix.	location	basket f	basket	basket m	?				17 h 30	soccer f	soccer f	soccer f		
basket f	volley f	bad mix.	location	18 h 00	soccer f	soccer	soccer m	danse	volley f	bad mix.	bad mix.	location	basket f	basket	basket m	?					18 h 00	soccer f	soccer f	soccer f	
basket f	volley f	bad mix.	location	18 h 30	soccer f	soccer	soccer m	danse	volley f	bad mix.	bad mix.	location	basket f	basket	basket m						18 h 30	soccer f	soccer f	soccer f	
basket m	volley f	bad mix.	location	19 h 00	soccer f	soccer	soccer m	danse	volley f	bad mix.	bad mix.	location	basket f	basket	basket m						19 h 00	soccer f	soccer f	soccer f	
basket m	volley f	bad mix.	location	19 h 30	soccer f	soccer	soccer m	danse	volley f	bad mix.	bad mix.	location	basket f	basket	basket m						19 h 30	location	location	location	
basket m	location	location	location	20 h 00	location	location	location		location	location	location	location	location	location	location	location	location	location	location	location	20 h 00	location	location	location	
location	location	location	location	20 h 30	location	location	location		location	location	location	location	location	location	location	location	location	location	location	location	20 h 30	location	location	location	
location	location	location	location	21 h 00	location	location	location		location	location	location	location	location	location	location	location	location	location	location	location	21 h 00	location	location	location	
location	location	location	location	21 h 30	location	location	location		location	location	location	location	location	location	location	location	location	location	location	location	21 h 30	location	location	location	
location	location	location	location	22 h 00	location	location	location		location	location	location	location	location	location	location	location	location	location	location	location	22 h 00	location	location	location	

	Plateau utilisé par les cours d'éducation physique...		... et par les activités sportives		Plateau disponible sur demande ou réservation (moins de 24 hres)
	Plateau utilisé partiellement par les cours d'éducation physique, disponible sur demande ou réservation (moins de 24 hres)		location		Plateau réservé au service de l'équipement et du matériel

