

## ACBB EDUC-FITNESS 2024-2025

| JOUR     | LIEU         | DEBUT | FIN   | ACTIVITE                  | ANIMATEUR |
|----------|--------------|-------|-------|---------------------------|-----------|
| LUNDI    | BELLEFEUILLE | 10h   | 11h   | Renforcement Musculaire   | Nicolas   |
|          |              | 11h15 | 12h15 | SENIOR Gym douce          |           |
|          |              | 17h   | 18h   | Renforcement Musculaire   | Esma      |
|          |              | 18h   | 19h   | Yoga                      | Marilyne  |
|          | COSEC        | 9h30  | 10h30 | SENIOR Gym douce          | Thibault  |
|          | LEMAITRE     | 11h   | 12h   | SENIOR Gym douce          | Thibault  |
|          |              | 12h30 | 13h30 | Renforcement Cardio dansé | Delphine  |
|          |              | 18h15 | 19h15 | Yoga                      | Corina    |
|          | FESSART      | 18h30 | 19h30 | Renforcement Musculaire   | Esma      |
| 19h30    |              | 20h30 | Zumba |                           |           |
| MARDI    | BELLEFEUILLE | 12h15 | 13h15 | Pilates                   | Nicolas   |
|          |              | 18h30 | 19h30 | Stretching                | Ch Darret |
|          | LEMAITRE     | 12h30 | 13h30 | Pilâtes                   | Helène    |
|          |              | 18h30 | 19h30 | Steps                     | Jenny     |
|          | CLAMART      | 10h   | 11h   | Renforcement Musculaire   | Nicolas   |
|          |              | 11h   | 12h   | Body Sculpt               |           |
| MERCREDI | COSEC        | 10h   | 11h   | SENIOR RM                 | Thibault  |
|          | FESSART      | 18h30 | 19h30 | SENIOR Gym douce          | Ch Darret |
|          |              | 19h30 | 20h30 | Pilâtes                   | Helène    |
|          | PARIS        | 9h    | 10h   | Renforcement Musculaire   | Jenny     |
|          |              | 10h   | 11h   | Renforcement Musculaire   |           |
|          |              |       |       |                           |           |
| JEUDI    | BELLEFEUILLE | 12h30 | 13h30 | Yoga                      | Marilyne  |
|          |              | 18h   | 19h   | SENIOR Gym douce          | Ch Darret |
|          | COSEC        | 10h   | 11h   | SENIOR Gym douce          | Nicolas   |
|          | LEMAITRE     | 19h   | 20h   | Renforcement Cardio       | Jérôme    |
|          | FESSART      | 18h30 | 19h30 | Body Sculpt               | Jennifer  |
|          |              | 19h30 | 20h30 | Renforcement Musculaire   |           |

| JOUR     | LIEU         | DEBUT | FIN   | ACTIVITE                | ANIMATEUR |
|----------|--------------|-------|-------|-------------------------|-----------|
| VENDREDI | BELLEFEUILLE | 12h30 | 13h30 | Renforcement Musculaire | Jérôme    |
|          |              | 18h30 | 19h30 | Renforcement Musculaire | Jenny     |
|          | COSEC        | 10h   | 11h   | Renforcement Musculaire | Audrey    |
|          |              | 11h   | 12h   | Gym Douce               |           |
|          |              | 14h15 | 15h15 | Renforcement Musculaire | Jérôme    |
|          |              | 15h15 | 16h15 | Stretching              |           |
|          | LEMAITRE     | 12h30 | 13h30 | Yoga                    | Corina    |
|          |              |       |       |                         |           |
| SAMEDI   | LEMAITRE     | 10h   | 11h   | Renforcement Musculaire | Esma      |
|          |              | 11h   | 12h   | Zumba                   |           |
|          |              | 14h30 | 16h30 | STAGES (2h)             |           |
|          | PAUL BERT    | 10h   | 11h   | Pilâtes débutants       | Helène    |
|          |              | 11h   | 12h   | Pilâtes confirmés       |           |
|          |              |       |       |                         |           |

**CE PLANNING PEUT EVOLUER EN COURS D'ANNÉE**

Contact ACBB EDUC-FITNESS: [accb.educfitness@gmail.com](mailto:accb.educfitness@gmail.com)

| Gymnase      | Adresse   | Information                          |
|--------------|---|--------------------------------------|
| BELLEFEUILLE | 56, rue de la Belle Feuille <b>ou</b><br>147, bd Jean Jaurès - impasse L. Lumière | 3 <sup>ème</sup> étage               |
| CLAMART      | 11, rue de Clamart  |                                      |
| COSEC        | 4, rue Victor Griffuelhes   |                                      |
| FESSART      | 51, rue Escudier  |                                      |
| LEMAITRE     | 1229, rue du Vieux Pont de Sèvres   | Sous la Passerelle Constant Lemaître |
| PARIS        | 14, rue de Paris  | Code 59210                           |
| PAUL BERT    | 9, rue Paul Bert  |                                      |