

PLANNING DES ACTIVITÉS PHYSIQUES ADAPTÉES PROPOSÉES PAR SPORTDICAL

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 8h30 | | 8h30 | | 8h30 | |
| | 9h | | 9h | | 9h |
| | | | | | |
| Endurance | | Endurance | | Endurance | Endurance |
| | Endurance | | Endurance | | |
| | | | | | |
| | | 12h30 | | | |
| | 13h | | 13h | | 13h |
| 13h30 | | | | 13h30 | |
| | | | | | |
| | 15h30 | | 15h30 | 15h | |
| 16h | | | | Endurance | |
| | | | | | |
| Endurance | | | | | |
| | Endurance | | Endurance | 18h | |
| | | | | | |
| 19h | | | | | |
| | 19h30 | | 19h30 | | |

| | | | | | |
|------------------|--------------|-------------------------------|---------------------------|------------|---------------|
| Renfo. Protect'S | Gym P.E.P 'S | Stretching / Relaxation | Little Gym'S | Gym Chaise | Renfo. Global |
| = "Pilates" | = Équilibre | = Étirement / Assouplissement | = Renforcement musculaire | | |
| | | | Léger | Modéré | Soutenu |