

## Calendrier activités de septembre 2022 à juin 2023

### 35 séances Adultes

	Septembre	Octobre	Novembre	Décembre	Total 1er trim	Janvier	Février	Mars	Total 2ème trim	Avril	Mai	Juin	Total 3ème trim	TOTAL
Gym douce Marcigny (mardi)	6, 13, 20, 27	4, 11, 18	8, 15, 22, 29	6, 13, 20	14	10, 17, 24, 31	7, 21, 28	7, 14, 21, 28	11	4, 11, 25	2, 9, 16, 23	6, 13, 20	10	35
	4	3	4	3		4	3	4		3	4	3		
Gym douce St Christophe (mardi)	6, 13, 20, 27	4, 11, 18	8, 15, 22, 29	6, 13, 20	14	10, 17, 24, 31	7, 21, 28	7, 14, 21, 28	11	4, 11, 25	2, 9, 16, 23	6, 13, 20	10	35
	4	3	4	3		4	3	4		3	4	3		
Gym tonique Marcigny (mardi)	6, 13, 20, 27	4, 11, 18	8, 15, 22, 29	6, 13, 20	14	10, 17, 24, 31	7, 21, 28	7, 14, 21, 28	11	4, 11, 25	2, 9, 16, 23	6, 13, 20	10	35
	4	3	4	3		4	3	4		3	4	3		
Gym tonique St Christophe (mardi)	6, 13, 20, 27	4, 11, 18	8, 15, 22, 29	6, 13, 20	14	10, 17, 24, 31	7, 21, 28	7, 14, 21, 28	11	4, 11, 25	2, 9, 16, 23	6, 13, 20	10	35
	4	3	4	3		4	3	4		3	4	3		
Gym tonique Marcigny (jeudi)	8, 15, 22, 29	6, 13, 20	10, 17, 24	1, 8, 15	13	5, 12, 19, 26	2, 9, 23	2, 9, 16, 23	11	6, 12, 27	4, 11, 25	1, 8, 15, 22, 29	11	35
	4	3	3	3		4	3	4		3	3	5		
Step (jeudi)	8, 15, 22, 29	6, 13, 20	10, 17, 24	1, 8, 15	13	5, 12, 19, 26	2, 9, 23	2, 9, 16, 23	11	6, 12, 27	4, 11, 25	1, 8, 15, 22, 29	11	35
	4	3	3	3		4	3	4		3	3	5		
DSS (mercredi)	7, 14, 21, 28	5, 12, 19	9, 16, 23, 30	7, 14, 22	14	4, 11, 18, 25	1, 8, 22	1, 8, 15, 22	11	5, 13, 26	3, 10, 24, 31	7, 14, 21	10	35
	4	3	4	3		4	3	4		3	4	3		
Stretching (mercredi)	7, 14, 21, 28	5, 12, 19	9, 16, 23, 30	7, 14, 22	14	4, 11, 18, 25	1, 8, 22	1, 8, 15, 22	11	5, 13, 26	3, 10, 24, 31	7, 14, 21	10	35
	4	3	4	3		4	3	4		3	4	3		
Espace forme (samedi)	10, 17, 24	1, 8, 15, 22	12, 19, 26	3, 10, 17	13	7, 14, 21, 28	4, 11, 25	4, 11, 18, 25	11	1, 8, 15, 29	6, 13, 27	3, 10, 17, 24	11	35
	3	4	3	3		4	3	4		4	3	4		
Espace forme (samedi)	10, 17, 24	1, 8, 15, 22	12, 19, 26	3, 10, 17	13	7, 14, 21, 28	4, 25	4, 11, 18, 25	10	1, 8, 29	6, 13, 27	3, 10, 17, 24	10	33
	3	4	3	3		4	2	4		3	3	4		