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| --- | --- | --- | --- | --- | --- | --- | --- |
| Séance | Jour | Heure | Salle | Animateur | Appellation | **Fréquentation S38** | **Fréquentation SEPT** |
| 1 | LUNDI | 8h15 | ESC | ANNA | Gym Seniors  | **7** | **11** |
| 2 | LUNDI | 9h25 | ESC | ANNA | Gym Seniors  | **5** | **6** |
| 3 | LUNDI | 10h45 | ESC | OLIVIER | Pilates Yoga | **11** | **9** |
| 4 | LUNDI | 14h15 | ESC | MARIE JOSEE | Gym plus | **13** | **14** |
| 5 | LUNDI | 17h45 | ESC | STEPHANIE | Hatha Yoga | **12** | **15** |
| 6 | LUNDI | 19h15 | ESC | KARINE | Sophrologie | **11** | **14** |
| 7 | LUNDI | 20h15 | LEO | BRIGITTE | Energym | **6** | **6** |
| 8 | LUNDI | 20h30 | BT  | DIANE | Body Combat  | **12** | **12** |
| 9 | MARDI | 8h30 | ESC | OLIVIER | Sculpt - Pilates | **8** | **12** |
| 10 | MARDI | 10h00 | ESC | OLIVIER | Circuit training  | **4** | **4** |
| 11 | MARDI | 12h15 | ESC | ODILE | Gym’tonic | **13** | **14** |
| 12 | MARDI | 14h00 | ESC | ODILE | Gym‘tonic | **9** | **10** |
| 13 | MARDI | 15h35 | ESC | ANNA | Fitness  | **1** | **supprimée** |
| 14 | MARDI | 18h15 | ESC |  MARIE-JOSEE | Piloxing  | **10** | **12** |
| 15 | MERCREDI | 12h15 | ESC | STEPHANIE | Hatha Yoga | **11** | **14** |
| 16 | MERCREDI | 18h00 | BT | PASCAL | Taï Chi débutant  | **7** | **6** |
| 17 | MERCREDI | 18h15 | ESC | ODILE | Gym‘tonic | **5** | **6** |
| 18 | MERCREDI | 19h00 | BT | PASCAL | Taï Chi moyen | **8** | **8** |
| 19 | MERCREDI | 20h00 | BT | PASCAL |  Zumba Combo | **21** | **19** |
| 20 | MERCREDI | 20h30 | LEO | ALBAN  | Volley loisir mixte |  | **6** |
| 21 | JEUDI | 8h30 | ESC | STEPHANIE | Hatha Yoga | **12** | **14** |
| 22 | JEUDI | 10h30 | ESC | ODILE | Gym’tonic | **16** | **15** |
| 23 | JEUDI | 14h15 | ESC | BRIGITTE | Vitagym | **8** | **10** |
| 24 | JEUDI | 19h00 | STUDIO FITNESS' SPACE | PASCAL | Zumba Combo | **15** | **17** |
| 25 | JEUDI | 20h00 | BT | DIANE | Body sculpt | **15** | **16** |
| 26 | JEUDI | 20h15 | STUDIO FITNESS' SPACE  | PASCAL | Step moyen | **7** | **10** |
| 27 | VENDREDI | 8h45 | ESC | ANNA | Gym entretien | **3** | **17** |
| 28 | VENDREDI | 10h00 | ESC | ANNA | Sculpt - Pilates | **13** | **3** |
| 29 | VENDREDI | 14h15 | ESC | DIANE | Circuit cardio training | **6** | **6** |

 02/10/2020