**JUDO – EVEIL – FITNESS**

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| **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** | **Samedi** |
| **Judo**  **Ennery**   * ***Cours compétition* benjamins, minimes et +**   **18h/19h30**  **Fitness**  **Ennery**   * ***Ados-adultes***   **19h45/20h45** | **Judo**  **Hérouville**   * ***Dès 6 ans***   **17h30/18h45**  **Judo**  **Ennery**   * ***Ados-adultes***   **19h00/20h30** | **Judo**  **Ennery**   * ***Initiation (GS/CP)***   **14h/15h**   * ***Enfants***   **15h/16h15**  **Eveil**  **Epiais-Rhus**   * ***PS/MS/GS***   **17h/18h**  **Fitness**  **Ennery**   * ***Ados-adultes***   **20h15/21h15** | **Judo**  **Vallangoujard**   * ***Dès 6 ans***   **17h15/18h30**  **Remise en forme**  **Hérouville**   * ***Adultes***   **19h15/20h15** | **Judo**  **Ennery**   * ***Cours enfants***   **17h30/19h00**  **Judo**  **Ennery**   * ***Ados-adultes***   **19h00/20h30** | **Eveil**  **Ennery**   * ***PS/MS/GS***   **10h/11h** |