**JUDO – EVEIL – FITNESS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** |