

JUDO – EVEIL – FITNESS

Saison 2023-2024



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
<p>Judo Ennery</p> <ul style="list-style-type: none"> • Benjamins-minimes-cadets (2009 à 2013) 18h00/19h30 <p>Fitness Ennery</p> <ul style="list-style-type: none"> • Ados-adultes 19h45/20h45 	<p>Judo Hérouville</p> <ul style="list-style-type: none"> • Dès 6 ans 17h30/18h45 <p>Judo Ennery</p> <ul style="list-style-type: none"> • Ados-adultes 19h00/20h30 	<p>Judo Ennery</p> <ul style="list-style-type: none"> • Initiation (GS/CP) 11h/12h • Enfants CE-CM 15h/16h15 <p>Eveil Ennery</p> <ul style="list-style-type: none"> • PS/MS/GS 16h30/17h30 <p>Fitness Ennery</p> <ul style="list-style-type: none"> • Ados-adultes 20h15/21h15 	<p>Remise en forme Hérouville</p> <ul style="list-style-type: none"> • Adultes 19h15/20h15 	<p>Judo Ennery</p> <ul style="list-style-type: none"> • Cours enfants 17h30/19h00 <p>Judo Ennery</p> <ul style="list-style-type: none"> • Ados-adultes 19h00/20h30 	<p>Cross training Ennery</p> <ul style="list-style-type: none"> • adultes 10h30/12h