

PLANNING DES COURS KSS - saison 2021/2022

1er trimestre : 06/09/2021 au 23/12/2021

MOIS	SEMAINE	JOUR	DATE	HORAIRE	TYPE DE COURS
SEPTEMBRE 2021	sem 36/1	LUNDI	06/09/2021	18H/19H	PILATES INTERM. 1
				19H/20H	PILATES DEBUTANT 1
		MARDI	07/09/2021	9H30/10H30	STRETCHING 1
				10h45/11H45	GYM DOUCE 1
		JEUDI	09/09/2021	18H/19H	GYM ACTIV BALL 1
				19H/20H	PILATES INTERM. 1
	VENDREDI	10/09/2021	9H30/10H30	GYM ACTIV BALL 1	
			10H45/11H45	PILATES DEBUTANT 1	
	SAMEDI	11/09/2021	09H30/10H30	GYM ACTIV BALL 1	
	sem 37/2	LUNDI	13/09/2021	18H/19H	PILATES INTERM. 2
				19H/20H	PILATES DEBUTANT 2
		MARDI	14/06/2021	9H30/10H30	GYM ACTIV BALL 1
				10H45/11H45	GYM DOUCE 2
		JEUDI	16/09/2021	18H/19H	STRETCHING 1
				19H/20H	PILATES INTERM. 2
	VENDREDI	17/09/2021	9H30/10H30	GYM ACTIV BALL 2	
			10H45/11H45	PILATES DEBUTANT 2	
	SAMEDI	18/09/2021	9H30/10H30	STRETCHING 1	
	sem 38/3	LUNDI	20/09/2021	18H/19H	PILATES INTERM. 3
				19H/20H	GYM ACTIV BALL 1
		MARDI	21/09/2021	9H30/10H30	PILATES DEBUTANT 1
				10H45/11H45	GYM DOUCE 3
		JEUDI	23/09/2021	18H/19H	PILATES DEBUTANT 1
				19H/20H	STRETCHING 1
	VENDREDI	24/09/2021	9H30/10H30	GYM ACTIV BALL 3	
			10H45/11H45	PILATES DEBUTANT 3	
	SAMEDI	25/09/2021	9H30/10H30	CIRCUIT TRAINING 1	
	sem 39/4	LUNDI	27/09/2021	18H/19H	PILATES INTERMED. 4
19H/20H				PILATES DEBUTANT 3	
MARDI		28/09/2021	9H30/10H30	STRETCHING 2	
			10H45/11H45	GYM DOUCE 4	
JEUDI		30/09/2021	18H/19H	GYM ACTIV BALL 2	
			19H/20H	PILATES INTERM. 3	
VENDREDI	01/10/2021	09H30/10H30	GYM ACTIV BALL 4		
		10H45/11H45	PILATES DEBUTANT 4		
SAMEDI	02/10/2021	PAS DE COURS - FORMATION			
sem 40/5	LUNDI	04/10/2021	18H/19H	PILATES INTERMED. 5	
			19H/20H	PILATES DEBUTANT 4	
	MARDI	05/10/2021	9H30/10H30	GYM ACTIV BALL 2	
			10H45/11H45	GYM DOUCE 5	
OCTOBRE 2021	sem 40/5	JEUDI	07/102021	18H/19H	STRETCHING 2
		VENDREDI	08/10/2021	9H30/10H30	GYM ACTIV BALL 5
				10H45/11H45	PILATES DEBUTANT 5
SAMEDI	09/10/2021	9H30/10H30	GYM ACTIV BALL 2		
OCTOBRE 2021	LUNDI	11/10/2021	18H/19H	PILATES INTERMED. 6	
			19H/20H	GYM ACTIV BALL 2	
	MARDI	12/10/2021	9H30/10H30	PILATES DEBUTANT 2	

OCTOBRE 2021	sem 41/6			10H45/11H45	GYM DOUCE 6	
		JEUDI	14/10/2021	18H/19H	PILATES DEBUTANT 2	
				19H/20H	STRETCHING 2	
		VENDREDI	15/10/2021	PAS DE COURS - FORMATION		
		SAMEDI	16/10/2021	9H30/10H30	PILATES INTERMED. 1	
	sem 42/7	LUNDI	18/10/2021	18H/19H	PILATES INTERMED. 7	
				19H/20H	PILATES DEBUTANT 5	
		MARDI	19/10/2021	9H30/10H30	STRETCHING 3	
				10H45/11H45	GYM DOUCE 7	
		JEUDI	21/10/2021	18H/19H	GYM ACTIV BALL 3	
				19H/20H	PILATES INTERMED. 5	
		VENDREDI	22/10/2021	9H30/10H30	GYM ACTIV BALL 6	
			10H45/11H45	PILATES DEBUTANT 6		
		SAMEDI	23/10/2021	9H30/10H30	CIRCUIT TRAINING 2	
	PAS DE COURS 2è SEMAINE DES VACANCES DE LA TOUSSAINT : 25/10 au 30/10/2021					
	sem 44/8	LUNDI	01/11/2021	FERIE		
		MARDI	02/11/2021	9H30/10H30	GYM ACTIV BALL 3	
				10H45/11H45	GYM DOUCE 8	
		JEUDI	04/11/2021	18H/19H	STRETCHING 3	
			19H/20H	PILATES INTERMED. 6		
VENDREDI		05/11/2021	9H30/10H30	GYM ACTIV BALL 7		
			10H45/11H45	PILATES DEBUTANT 7		
	SAMEDI	06/11/2021	09H30/10H30	STRETCHING 2		
NOVEMBRE 2021	sem 45/9	LUNDI	08/11/2021	18H/19H	PILATES INTERMED. 8	
				19H/20H	PILATES DEBUTANT 6	
		MARDI	09/11/2021	9H30/10H30	PILATES DEBUTANT 3	
				10H45/11H45	GYM DOUCE 9	
		JEUDI	11/11/2021	FERIE		
		VENDREDI	12/11/2021	9H30/10H30	GYM ACTIV BALL 8	
			10H45/11H45	PILATES DEBUTANT 8		
		SAMEDI	13/11/2021	9H30/10H30	PILATES INTERMEDIAIRE 2	
	sem 46/10	LUNDI	15/11/2021	18H/19H	PILATES INTERMED. 9	
				19H/20H	GYM ACTIV BALL 3	
		MARDI	16/11/2021	9H30/10H30	STRETCHING 4	
				10H45/11H45	GYM DOUCE 10	
		JEUDI	18/11/2021	18H/19H	PILATES DEBUTANT 3	
				19H/20H	STRETCHING 3	
		VENDREDI	19/11/2021	9H30/10H30	GYM ACTIV BALL 9	
			10H45/11H45	PILATES DEBUTANT 9		
		SAMEDI	20/11/2021	9H30/10H30	GYM ACTIV BALL 3	
	sem 47/11	LUNDI	22/11/2021	18H/19H	PILATES INTERMED. 10	
				19H/20H	PILATES DEBUTANT 7	
MARDI		23/11/2021	9H30/10H30	GYM ACTIV BALL 4		
			10H45/11H45	GYM DOUCE 11		
JEUDI		25/11/2021	18H/19H	GYM ACTIV BALL 4		
			19H/20H	PILATES INTERMED. 7		
VENDREDI		26/11/2021	9H30/10H30	GYM ACTIV BALL 10		
		10H45/11H45	PILATES DEBUTANT 10			
	SAMEDI	27/11/2021	9H30/10H30	STRETCHING 3		
	LUNDI	29/11/2021	18H/19H	PILATES INTERMED. 11		
			19H/20H	PILATES DEBUTANT 8		
	MARDI	30/11/2021	9H30/10H30	PILATES DEBUTANT 4		
			10H45/11H45	GYM DOUCE 12		

DECEMBRE 2021	sem 48/12	JEUDI	02/12/2021	18H/19H	STRETCHING 4
				19H/20H	PILATES INTERMEDIAIRE 8
		VENDREDI	03/12/2021	9H30/10H30	GYM ACTIV BALL 11
	10H45/11H45			PILATES DEBUTANT 11	
	SAMEDI	04/12/2021	9H30/10H30	CIRCUIT TRAINING 3	
	LUNDI	06/12/2021	18H/19H	PILATES INTERMED. 12	
			19H/20H	GYM ACTIV BALL 4	
	sem 49/13	MARDI	07/12/2021	9H30/10H30	STRETCHING 5
				10H45/11H45	GYM DOUCE 13
		JEUDI	08/12/2021	18H/19H	PILATES DEBUTANT 4
				19H/20H	STRETCHING 4
		VENDREDI	09/12/2021	9H30/10H30	GYM ACTIV BALL 12
				10H45/11H45	PILATES DEBUTANT 12
	SAMEDI	10/12/2021	9H30/10H30	PILATES INTERMEDIAIRE 3	
	sem 50/14	LUNDI	13/12/2021	18H/19H	PILATES INTERMED. 13
				19H/20H	PILATES DEBUTANT 9
		MARDI	14/12/2021	9H30/10H30	GYM ACTIV BALL 5
				10H45/11H45	GYM DOUCE 14
		JEUDI	16/12/2021	18H/19H	GYM ACTIV BALL 5
				19H/20H	PILATES INTERMED. 9
	VENDREDI	17/12/2021	9H30/10H30	GYM ACTIV BALL 13	
10H45/11H45			PILATES DEBUTANT 13		
SAMEDI	18/12/2021		GYM ACTIV BALL 4		
sem 51/15	LUNDI	20/12/2021	18H/19H	PILATES INTERMED. 14	
			19H/20H	PILATES DEBUTANT 10	
	MARDI	21/12/2021	9H30/10H30	PILATES DEBUTANT 5	
			10H45/11H45	GYM DOUCE 15	
	JEUDI	23/12/2021	18H/19H	STRETCHING 5	
			19H/20H	PILATES INTERMED. 10	
VENDREDI	24/12/2021	9H30/10H30	GYM ACTIV BALL 14 ?		
		10H45/11H45	PILATES DEBUTANT 14 ?		
SAMEDI	25/12/2021		FERIE		
PAS DE COURS PENDANT LA 2 ^e SEMAINE DES VACANCES DE NOEL du 25/12/2021 au 01/01/2022					

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