

| ACTIVITES de la FORME et de la MAITRISE DE SOI |               |              |                        |             |                        |           |
|------------------------------------------------|---------------|--------------|------------------------|-------------|------------------------|-----------|
| Sports                                         | Lieux         | Enseignants  | Lundi                  | Mardi       | Mercredi               | Jeudi     |
| CROS CAF                                       | ESPE          | GUIHUR       | 21H/22H                |             |                        |           |
| CROS CAF                                       | ESPE          | GUIHUR       |                        |             | 17H/18H                |           |
| HATA YOGA                                      | TOHANNIC      | LUTZ-BONNOD  |                        |             | 17H30/18H30            |           |
| HATA YOGA                                      | TOHANNIC      | LUTZ-BONNOD  |                        |             | 18H30/20H              |           |
| HATA YOGA                                      | TOHANNIC      | LUTZ-BONNOD  |                        | 12H30/14H   |                        |           |
| IMPACT FITNESS                                 | ESPE          | GUIHUR       |                        |             | 21H/22H                |           |
| MUSCULATION                                    | RIMA          | LUTZ-BONNOD  |                        | 19H15/20H45 |                        |           |
| MUSCULATION                                    | RIMA          |              |                        | 20H45/22H30 |                        |           |
| MUSCULATION                                    | RIMA          |              |                        |             |                        | 18H/20H   |
| MUSCULATION                                    | RIMA          | FAGUET       |                        |             |                        | 20H/22H   |
| PILATES                                        | ESPE          | CALASCIBETTA |                        |             | 12H/13H30              |           |
| STEP                                           | ESPE          | CALASCIBETTA |                        |             | 18H/19H30              |           |
| TAI CHI                                        | ESPE          | CALASCIBETTA | 19H30/21H              |             |                        |           |
| YOGA                                           | ESPE          | CALASCIBETTA |                        |             |                        | 16H/17H30 |
| ACTIVITES ARTISTIQUES et d'EXPRESSION          |               |              |                        |             |                        |           |
| Sports                                         | Lieux         | Enseignants  | Lundi                  | Mardi       | Mercredi               | Jeudi     |
| CONTEMPORAINE                                  | ESPE          | FAGUET       |                        |             | 19H30/21H              |           |
| MODERNE JAZZ                                   | ESPE          | NOEL         |                        | 18H30/20H   |                        |           |
| ZUMBA                                          | ESPE          |              |                        | 20H/20H45   |                        |           |
| ROCK/SALSA/CHACHA                              | ESPE          | CALASCIBETTA | 18H/19H30              |             |                        |           |
| ACTIVITES DE PLEIN AIR                         |               |              |                        |             |                        |           |
| Sports                                         | Lieux         | Enseignants  | Lundi                  | Mardi       | Mercredi               | Jeudi     |
| ATHLETISME                                     | KERCADO       | TORTUYAUX    | 18H15/20H45            |             |                        |           |
| ESCALADE                                       | ST EXUPERY    | CALASCIBETTA |                        | 19H45/22H   |                        |           |
| ESCALADE                                       | PLOUGOUMELLEN | CALASCIBETTA |                        |             |                        | 18H/19H45 |
| GOLF                                           | BADEN         | TORTUYAUX    |                        | 13H30/15H30 |                        |           |
| ORIENTATION                                    | ST AVE        | CALASCIBETTA |                        |             |                        | 12H/13H45 |
| ACTIVITES PHYSIQUES SANTE                      |               |              |                        |             |                        |           |
| Sports                                         | Lieux         | Enseignants  | Lundi                  | Mardi       | Mercredi               | Jeudi     |
| ACTIVITE SANTE                                 | TOHANNIC      | LYTZ-BONNOD  |                        | 17H30/19H   |                        |           |
| LES SPORTS DE RAQUETTES                        |               |              |                        |             |                        |           |
| Sports                                         | Lieux         | Enseignants  | Lundi                  | Mardi       | Mercredi               | Jeudi     |
| BADMINTON                                      | ESPE          | CABANES      | 18H/19H30<br>19H30/21H |             | 18H/19H30<br>19H30/21H | 17H/18H30 |
| BADMINTON                                      | KERGYPT       | TORTUYAUX    |                        |             |                        | 17H30/19H |
| TENNIS                                         | TCV           | TORTUYAUX    |                        |             |                        | 12H30/17H |
| TENNIS DE TABLE                                | RICHEMONT     | TORTUYAUX    |                        |             | 16H30/18H              |           |

**LES SPORTS COLLECTIFS**

| Sports        | Lieux      | Enseignants  | Lundi     | Mardi       | Mercredi | Jeudi       |
|---------------|------------|--------------|-----------|-------------|----------|-------------|
| BASKET N1     | ESPE       | CALASCIBETTA |           | 17H30/19H30 |          |             |
| BASKET N2     | RICHEMONT  | GUILLERM     | 18H30/20H |             |          |             |
| FUTSAL        | BECEL      | CABANES      |           | 18H/20H     |          |             |
| FUTSAL        | RICHEMONT  | LE BOULICAUT |           |             |          | 17H30/19H   |
| FOOT A 11     | LE PERONNO | CALCAGNO     |           |             |          | 14H/15H30   |
| FOOT GAELIQUE | FOSO       | CLUB         |           | 20H30/22H   |          | 19H45/21H15 |
| HANDBALL      | SACRE-CŒUR | COCQUEBERT   |           | 19H30/21H30 |          |             |
| HANDBALL      | KERCADO    | COCQUEBERT   |           |             |          | 16H30/18H30 |
| ULTIMATE      | ESPE       | CABANES      |           | 20H/22H     |          |             |
| VOLLEY N1     | RICHEMONT  | TORTUYAUX    | 20H/22H   |             |          |             |
| VOLLEY N2     | KERCADO    | LE BOULICAUT |           |             |          | 15H/16H30   |

**ACTIVITES NAUTIQUES et AQUATIQUE**

| Sports           | Lieux         | Enseignants   | Lundi  | Mardi | Mercredi | Jeudi     |
|------------------|---------------|---------------|--------|-------|----------|-----------|
| AVIRON           | CERCLE AVIRON | JOUANGUY      |        |       |          | 14H/17H   |
| KAYAK-PADDLE     | PENVINS       | BASE NAUTIQUE |        |       |          | 14H/17H   |
| KITE SURF        |               | BASE NAUTIQUE |        |       |          | 14H/17H   |
| CATAMARAN        | PENVINS       | BASE NAUTIQUE |        |       |          | 14H/17H   |
| MARCHE AQUATIQUE | PENVINS       | BASE NAUTIQUE | SAMEDI |       |          | 10H30/12H |
| NATATION         | VANOCEA       | CALASCIBETTA  |        |       |          | 14H/15H45 |
| SURF             | PLOUHARNEL    | ECOLE DE SURF |        |       |          | 14H/17H   |

**LES SPORTS DE COMBAT**

| Sports           | Lieux       | Enseignants | Lundi       | Mardi     | Mercredi | Jeudi       |
|------------------|-------------|-------------|-------------|-----------|----------|-------------|
| SELF DEFENSE MMA | RIMA        | PINAUD      |             |           |          | 18H/19H20   |
| SELF DEFENSE MMA | RIMA        | PINAUD      |             |           |          | 19H20/20H30 |
| SELF DEFENSE MMA | RIMA        | PINAUD      |             |           |          | 20H30/21H40 |
| SAVATE/BOXE F    | SAUVET      | MOUTH       | 18H30/20H30 |           |          | 18H/20H     |
| BOXE ANGLAISE    | ST AVE      | BASILE      |             | 18H30/20H |          |             |
| ESCRIME          | CERLE       | MAITRE ARME |             | 19H30/21H |          | 19H/21H     |
| SELF DEFENSE OP  | KERBIQUETTE | NAVARRO     | 19H/20H30   |           |          |             |