

JOURS/HORAIRES des COURS 2024/2025

ÉVOLU'GYM

BABY GYM

BABY GYM	1	LUN	17 h 15 / 18 h 00	COSEC Mably
BABY GYM	2	SAM	09 h 00 / 09 h 45	COSEC Mably

GYM EVEIL

GYM EVEIL	1	JEU	17 h 30 / 18 h 30	COSEC Mably
GYM EVEIL	2	SAM	10 h 00 / 11 h 00	COSEC Mably
GYM EVEIL	3	SAM	11 h 00 / 12 h 00	COSEC Mably

ECOLE GYM

ECOLE GYM	1	LUN	18 h 00 / 19 h 30	COSEC Mably
ECOLE GYM	2	MER	14 h 00 / 15 h 30	COSEC Mably
ECOLE GYM	3	MER	14 h 00 / 15 h 30	COSEC Mably
ECOLE GYM	4	MER	14 h 00 / 15 h 30	FQT Roanne
ECOLE GYM	5	MER	14 h 00 / 15 h 30	FQT Roanne
ECOLE GYM	6	MER	15 h 45 / 17 h 15	COSEC Mably
ECOLE GYM	7	MER	15 h 45 / 17 h 15	COSEC Mably
ECOLE GYM	8	MER	17 h 30 / 19 h 00	COSEC Mably
ECOLE GYM	9	MER	17 h 30 / 19 h 00	FQT Roanne
ECOLE GYM	10	VEN	17 h 30 / 19 h 00	COSEC Mably

AERO / ACRO

AERO / ACRO	JEU	18 h 30 / 20 h 00	COSEC Mably
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GYM JEUNE

GYM JEUNE	1	LUN	18 h 00 / 19 h 30	COSEC Mably
GYM JEUNE	2	MER	15 h 45 / 17 h 15	FQT Roanne
GYM JEUNE	3	MER	15 h 45 / 17 h 15	FQT Roanne
GYM JEUNE	4	MER	17 h 30 / 19 h 00	COSEC Mably
GYM JEUNE	5	MER	17 h 30 / 19 h 00	FQT Roanne
GYM JEUNE	6	MER	17 h 30 / 19 h 00	FQT Roanne

GYM JEUNE / ADO

GYM JEUNE / ADO	MER	19 h 00 / 20 h 30	FQT Roanne
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GYM ADO

GYM ADO	MER	19 h 00 / 20 h 30	FQT Roanne
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GYM BIEN-ETRE - GYM POUR ADULTES -

FORM+ / LOMBA+ / GYM+ / AERO DANCE

GYM + & FORM+	LUN (1)	09 h 15 / 10 h 15	BELG. Roanne
	LUN	19 h 30 / 20 h 30	COSEC Mably
LOMBA +	MAR	09 h 15 / 10 h 15	BELG. Roanne
AERO DANCE	JEU	20 h 00 / 21 h 00	COSEC Mably

GYM SANTE - ORDO + *(Gym sur ordonnance)*

ORDO +	VEN	09 h 15 / 10 h 15	BELG. Roanne
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JOURS/HORAIRES des COURS 2024/2025

COMPÉTITION

PRIM'GYM

PRIM'GYM	JEU	17 h 30 / 19 h 00	COSEC Mably
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ECOLE GYM LOIRE

ECOLE Loire 1	MAR	17 h 30 / 19 h 00	COSEC Mably
ECOLE Loire 2	MER	14 h 00 / 15 h 30	COSEC Mably
ECOLE Loire 3	VEN	17 h 30 / 19 h 00	COSEC Mably

POUSSI'GYM LOIRE

POUSSI'Loire 1	MAR	et 17 h 30 / 19 h 00	COSEC Mably
	MER		FQT Roanne
POUSSI'Loire 2	LUN	et 18 h 00 / 19 h 30	COSEC Mably
	JEU		COSEC Mably
POUSSI'Loire 3	MER	et 15 h 45 / 17 h 15	COSEC Mably
	VEN		COSEC Mably

AERO COMPET°

AERO COMPET°	MAR	18 h 30 / 20 h 00	COSEC Mably
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GYM JEUNE LOIRE

JEUNE Loire 1	LUN	17 h 30 / 19 h 00	FQT Roanne
JEUNE Loire 2	JEU	19 h 0 / 20 h 30	COSEC Mably

GYM JEUNE/ADO LOIRE

JEUNE/ADO Loire	LUN	19 h 00 / 20 h 30	FQT Roanne
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GYM TC FEDERAL.

GYM TC FED. 1	MAR	et 19 h 00 / 20 h 30	COSEC Mably
	VEN		COSEC Mably
GYM TC FED. 2	LUN	et 19 h 00 / 20 h 30	FQT Roanne
	MER		COSEC Mably
GYM TC FED. 3	LUN	et 17 h 30 / 19 h 00	FQT Roanne
	MER		COSEC Mably
GYM TC FED. 4	MAR	et 19 h 00 / 20 h 30	COSEC Mably
	VEN		COSEC Mably

GYM TC PERFORMANCE.

GYM TC PERF. 1	MAR	et 18 h 30 / 20 h 30	COSEC Mably
	MER		FQT Roanne
	VEN		COSEC Mably
GYM TC PERF. 2	MAR	et 17 h 30 / 19 h 30	COSEC Mably
	MER		FQT Roanne
	VEN		COSEC Mably