

| Centre sportif GAILLON | | | | | | | Gymnase des Prés aux Bois | | | | |
|------------------------|---|-------------------------------------|--|-------------------------------------|---------------------------------------|---|---|---|--------------------------------|--|------------------------------------|
| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Lundi | Mardi | Mercredi | Jeudi | Vendredi |
| 09:00 | 9h-10h Gym Tonic Martine | 9h-10h Piyolates Valérie | 9h-10h Fit Dance- Cardio Valérie | 9h-10h Culture Physique Leïla | 9h-10h Gym Tonic Thomas | | 9h-10h Fit Dance Cardio Valérie | 9h-10h Body Sculpt Leïla | 9h-10h Pilates Leïla | 9h-10h Pilates Sculpt Nataly | 9h-10h Gym Tonic Précillia |
| 10:00 | 10h-11h Gym Modérée Martine | 10h-11h Gym Douce Valérie | 10h-11h Pilates Valérie | 10h-11h Gym Douce Leïla | | 9h30-10h30 Body Sculpt Nataly | 10h-11h Fit Dance Cardio Valérie | 10h-11h De Gasquet Abdologie Leïla | 10h-11h Stretching Leïla | 10h-11h Stretching Relaxation Nataly | 10h-11h Stretching Précillia |
| 11:00 | 11h-12h Gym Senior Martine | 11h-12h Gym Douce Valérie | | 11h-12h Gym Mémoire Martine | 11h15-12h15 Gym Douce Précillia | 10h30-11h30 Stretching Nataly | | | | | |
| 12:00 | | | | | | | | | | | |
| 13:00 | 12h15-13h15 Pilates/ Relaxation Martine | | | | | | | | | | |
| | | | | | 12h30-13h30 Pilates Valérie | | | | | | |
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| 15:00 | | | 15h-16h Gym Equilibre/ RM seniors Martine | | | | | | | | |
| 16:00 | | | 16h-17h Pilates débutants/ Relaxation Martine | | | | | | | | |
| 17:00 | | | 17h-18h Pilates Martine | | | | | | | | |
| 18:00 | | 17h30-18h30 Pilates Leïla | 18h-19h Zumba Fitness/Dance Martine | 18h-19h Pilates/FitBall Leïla | | | | | | | |
| 19:00 | 18h-19h Pilates Sculpt (abdos-fessiers) Nataly | 18h30-19h30 RM-Fitball Leïla | 19h-20h Step Julie | 19h-20h Pilates Valérie | 19h-20h Piloxing Leïla | 18h30-19h30 RM Etirements Nataly | | | 19h-20h Gym Tonic Thomas | | |
| 20:00 | 19h-20h Body Sculpt Nataly | 19h30-20h30 Zumba Leïla | 20h-21h Renforcement Musculaire Julie | 20h-21h ZUMBA Leïla | | 19h30-20h30 Gym Tonic Nataly | | 19h30-20h30 Modern Jazz Précillia | 20h-21h Gym Tonic Thomas | | |
| 21:00 | 20h-21h Stretching Nataly | 20h30-21h30 Body Sculpt Leïla | 21h-22h20 Etirements Relaxation Christine | 21h-22h Relaxation Christine | | | | 20h30-21h30 Body Tonic Précillia | | | |
| 22:00 | 21h-22h20 Relaxation Etirements Christine | | | | | | | | | | |
| | Salle RDC Gymnase Gaillon | | Salle 1er étage Gymnase Gaillon | | | RM : renforcement musculaire | Salle Polyvalente du bas | | Salle de Danse | | |