

## Activités ADULTES / Adults AES 2023/2024

<b>MONDAY</b>	<i>GULDNER Gregory</i>	<b>HIIT</b>	<b>High Intensity Interval Training</b>	17H30	18H30	1H
	<i>GUSTI Zain</i>	<b>Pilates</b>		18H30	19H30	1H
	<i>HENDARYANSYAH Darmin</i>	<b>Chess</b>		18H10	19H10	1H
	<i>MAINGUY Fiorella</i>	<b>Italian Course</b>		16H00	17H00	1H
	<i>MONNET Jean-Paul</i>	<b>Swimming</b>		19H20	20H20	1H
	<i>PRAWIRA Pierre</i>	<b>Kickboxing</b>		18H20	19H20	1H
<b>TUESDAY</b>	<i>DE MARICOURT Joelle</i>	<b>French Course</b>	<b>BEGINNER Adults</b>	14H40	16H00	1H20
	<i>GONZALEZ HURTADO Irene</i>	<b>Spanish Course</b>		17H00	18H20	1H20
	<i>MAULIDIANA Athesa</i>	<b>Indonesian Course</b>		16H00	17H00	1H
	<i>YUNITA Sandra</i>	<b>Qi gong</b>		11H00	12H00	1H
<b>WEDNESDAY</b>	<i>GULDNER Gregory</i>	<b>HIIT</b>	<b>High Intensity Interval Training</b>	8H00	9H00	1H
	<i>KELVIN Andreas</i>	<b>Drums</b>	<b>30mn individual session</b>	17H45	19H15	1H30
	<i>PRAWIRA Pierre</i>	<b>Kickboxing</b>		18H10	19H10	1H
<b>THURSDAY</b>	<i>DE MARICOURT Joelle</i>	<b>French Course</b>	<b>INTERMEDIATE Adults</b>	14H40	16H00	1H20
	<i>KELVIN Andreas</i>	<b>Drums</b>	<b>30mn individual session</b>	17H45	19H15	1H30
	<i>NUR Raiza</i>	<b>Yoga</b>		18H00	19H00	1H
	<i>GULDNER Gregory</i>	<b>HIIT</b>	<b>High Intensity Interval Training</b>	8H00	9H00	1H
<b>FRIDAY</b>	<i>HEYDAR</i>	<b>Archery</b>	<b>Equipment provided</b>	16H20	17H20	1H
	<i>WALTZIO EDUTAINMENT Priscillia</i>	<b>Violin/Double Bass</b>	<b>30mn individual session</b>	13H30	16H30	3H30
	<i>GULDNER Gregory</i>	<b>HIIT</b>	<b>High Intensity Interval Training</b>	8H00	9H00	1H
<b>SATURDAY</b>	<i>LAUMONIER Yves</i>	<b>DIVING - PADI certification</b>	<b>Level 1 &amp; Level 2 provided</b>	14H00	17H00	3H