

CNSF Activities

FITNESS SESSIONS AT CNSF GYM B-BASSIN TIME TABLE

SN	Activities	Days	Time
1.		Tuesday	18.00 – 19.00
		Wednesday	17.00 – 18.00
		Thursday	10.30 – 11.30
		Saturday	09.30 – 10.30
2.		Monday	09.00 – 10.00
		Tuesday	17.00 - 18.00
		Wednesday	09.30 – 10.30 / 12.00 – 13.00
		Thursday	09.00 – 10.00
		Friday	09.00 – 10.00
3.		Tuesday	10.00 – 11.00
4.		Monday	10.00 – 11.00 / 11.00 – 12.00 / 16.00 – 17.00
		Wednesday	11.00 – 12.00
5.		Wednesday	13.00 – 14.00
		Thursday	
6.		Wednesday at National Badminton Centre, Rose Hill	10.00 – 12.00

ACTIVITIES IN YOUTH & COMMUNITY CENTRES TIME TABLE

SN	Name of Youth & Community Centers	Activities	Days	Time
1.	P-Verte Youth Centre	Yoga	Tuesday	09.00 – 10.00
		Aerobics	Wednesday	10.00 – 11.00
2.	Tranquebar Youth centre	Aerobics	Monday	17.00 – 18.00
3.	Village Dockers Youth Centre	Aerobics	Wednesday	10.00 – 11.00
4.	Florida Youth Centre	Aerobics	Monday	10.00 – 11.00
5.	Roches-Bois Youth Centre	Aerobics	Tuesday	10.30 – 11.30
6.	Pamplemousses Youth Centre	Aerobics	Tuesday	09.30 – 10.30
		Yoga	Thursday	09.00 – 10.00
7.	Triolet Women Centre	Aerobics	Friday	08.30 – 09.30

SWIMMING & AQUA-GYM SESSION TIME TABLE

SN	Swimming Pool	Days	Time
SWIMMING SESSIONS			
1.	Le Pavillon	Monday, Wednesday, Thursday & Friday	12.00 – 13.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
2.	Serge Alfred	Tuesday & Thursday	12.00 – 13.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
3.	Riv du Rempart	Tuesday	12.00 – 13.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
4.	Souvenir	Tuesday & Thursday	12.00 – 13.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
5.	Mare D`Albert	Monday & Wednesday	12.00 – 13.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
AQUA-GYM & AQUA-ZUMBA SESSIONS			
1.	Le Pavillon	Tuesday	10.00 – 11.00
		Saturday	08.00 – 09.00
2	Serge Alfred	Thursday	10.00 – 11.00
		Saturday & Sunday	08.00 – 09.00 / 09.00 – 10.00
3	Souvenir	Tuesday & Thursday	12.00 – 13.00
		Saturday	08.00 – 09.00 / 09.00 – 10.00
4	Mare D`Albert	Sunday	07.00 – 08.00 / 08.15 – 09.15