



ACTIVONS LES ÉNERGIES POSITIVES

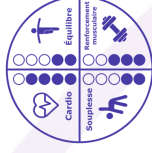
DEVENEZ MEMBRE
DE LA 1^{ère} FEDERATION
MULTISPORTS DE FRANCE



SALLE DES FETES DU FAUGA

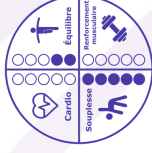
LUNDI

GYM TONIQUE
18H30-19H45



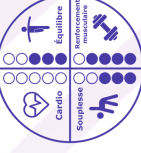
MARDI

STRETCHING
18H30-19H30



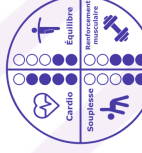
MERCREDI

PILATES
18H30-19H45

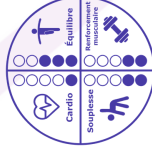


JEUDI

GYM SENIORS
9H-10H15

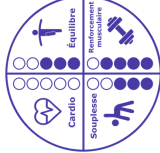


GYM SENIORS
ADAPTEE
10H30-11H45



VENDREDI

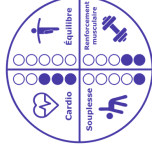
BODY ZEN
9H15-10H15



EXTÉRIEUR

LUNDI

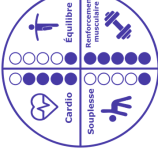
MARCHE ACTIVE
9H30-11H00



MARCHE ACTIVE
11H-12H00

JEUDI

URBAN TRAINING
18H30-19H30



INDICATION PRÉSENCE DES 4 PILIERS

Notation de 0 à 5, selon les recommandations
de la Haute Autorité de Santé (HAS)



CARDIO



ÉQUILIBRE



SOUPLESSE



RENFORCEMENT
MUSCULAIRE

REPRISE DES COURS :

Adultes : Lundi 14 septembre

Séniors : Jeudi 24 septembre

CONTACTS :

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