
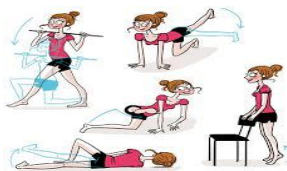








GRILLE HORAIRES 2022/2023 GYM DANSE/GYM HOMMES/SOPHROLOGIE/MARCHE NORDIQUE

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|--|--|--|--|---|
|  <p>CENTRE SPORTIF & SOCIAL 2, Avenue du Général de Gaulle 45150 Jargeau 02,38,59,76,80 c2s.jargeau@gmail.com</p> | <p>D 6 9h30-10h30 CARDIO - RENFORT</p> <p>Laurence Houibert</p> |  |  <p>MN 02</p> <p>10h-11h MARCHE NORDIQUE</p> <p>Catherine Richard</p> | <p>D 17 9H30 - 10H30 GYM DOUCE</p> <p>Laurence Houibert</p> | |
| | <p>MN 01</p> <p>10h-11h MARCHE NORDIQUE</p> <p>Catherine Richard</p> | | <p>MN 03</p> <p>13h - 14h MARCHE NORDIQUE</p> <p>Catherine Richard</p> | | |
| | <p>D2 17h - 17h45 FUN KIDS 7/10 ans</p> <p>Poppy</p> |  | <p>D08 16h45-17h45 EVEIL CORPOREL 3/6 ans</p> <p>Laurence Houibert</p> | |  |
| <p>D3 17h45 - 18h15 FITNESS FUN 11/15 ans</p> <p>Poppy</p> | <p>D05 18h-19h PILATES</p> <p>Etirements - relaxation</p> <p>Laurence Houibert</p> | | <p>SO 01 18h30 - 19h30 SOPHROLOGIE</p> <p>Aurélie Dousset</p> | | |
|  | <p>D 4 18h30-19h30 PILATES</p> <p>Etirements - Relaxation</p> <p>Laurence Houibert</p> | <p>D08 19h-20h30 CARDIO</p> <p>RENFORT - ETIREMENTS</p> <p>Laurence Houibert</p> | <p>SO 02 19h30 - 20h30 SOPHROLOGIE</p> <p>Aurélie Dousset</p> | <p>SOPHROLOGIE</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">« SOS » Harmonie Sérénité</div> <div style="border: 1px solid black; padding: 2px;">« PHREN » Conscience Esprit</div> <div style="border: 1px solid black; padding: 2px;">« LOGOS » Science Étude</div> </div> | |
| | <p>D7 19h30 - 21h00 CARDIO - RENFORT HOMMES</p> <p>Laurence Houibert</p> | <p>pilates</p>  <p><small>© Can Stock Photo</small></p> | <p>D08 20h30 - 21h30 BODY FIT Adultes/Ados</p> <p>Poppy</p> |  | |