
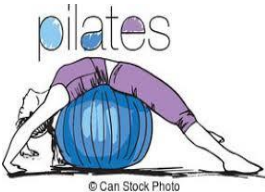









GRILLE HORAIRE 2023/2024

	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
 <p>C2S CENTRE SPORTIF & SOCIAL</p> <p>2, Av. du Général de Gaulle</p> <p>45150 Jargeau 02,38,59,76,80 c2s.jargeau@gmail.com</p>  <p>© Can Stock Photo</p>	<p>D 06 9h30-10h30 CARDIO - RENFORT</p> <p>Laurence Houlbert</p>		<p>LOVE SPORT</p>	<p>D 01 9H30 - 10H30 GYM DOUCE</p> <p>Laurence Houlbert</p>	
	<p>MN 01 10h-11h MARCHE NORDIQUE</p> <p>Catherine Richard</p>	<p>D 02 15h15-16h15</p> <p>KID HIP HOP 7/10 ans Gemma GIGLI</p>	<p>MN 02 10h-11h MARCHE NORDIQUE</p> <p>Catherine Richard</p>		<p>MN 03 13h - 14h MARCHE NORDIQUE</p> <p>Catherine Richard</p>
	<p>D 03 17h30-18h30</p> <p>TEEN HIP HOP 11/15 ans Gemma GIGLI</p>	<p>D 08 16h45-17h45</p> <p>EVEIL CORPOREL 3/6 ans Laurence Houlbert</p>			
	<p>D 04 18h30-19h30 PILATES</p> <p>Etirements - Relaxation Laurence Houlbert</p>	<p>D 05 18h-19h</p> <p>PILATES</p> <p>Etirements - relaxation Laurence Houlbert</p>	 <p>© CanStock.com - esp2420095</p>	<p>LUNDI A 01 12H30/13H15 COMPLET A 05 18H30/19H15 A 07 19H15/20H</p>	
	<p>D 07 19h30 - 21h00 CARDIO - RENFORT HOMMES Laurence Houlbert</p>	<p>D 09 19h-20h30 CARDIO - RENFORT ETIREMENTS Laurence Houlbert</p>		<p>MARDI A 02 12H45/13H30</p>	
	<p>D 10 21h- 22h00 ZUMBA Marina Porto</p>	<p>D 11 20h30-21h30 QI GONG Catherine Coquille</p>		<p>MERCREDI A 13 18H30/19H15 A 09 19H15/20H00 A 10 20H/20H45</p> <p>JEUDI A 03 17H00/17H45 A 04 17H45/18H30 A 06 18H30/19H15 A 08 19H15/20H00</p>	