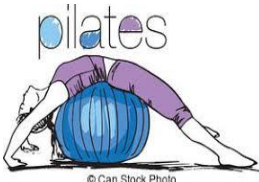


GRILLE HORAIRE DES ACTIVITÉS 2025/2026

 CENTRE SPORTIF & SOCIAL 2, Av. du Général de Gaulle 45150 Jargeau 02.38.59.76.80 c2s.jargeau@gmail.com  © Can Stock Photo	MARDI D 06 9h30-10h30 CARDIO - RENFORT Laurence Houlbert MN 01 10h-11h MARCHE NORDIQUE Catherine Richard	MERCREDI  D 02 15h15-16h15 DYNA'GYM 6/9 ans Méloody Juranville	JEUDI  MN 02 10h-11h MARCHE NORDIQUE Catherine Richard	VENDREDI D 01 9H30 - 10H30 PILATES DEBUTANTS Stretching Laurence Houlbert	C'EST AUSSI ... L'AQUAGYM  L'AQUAGYM LUNDI A 01- 12H30/13H15-complet A 05- 18H30/19H15-complet A 07 19H15/20H MARDI A 02- 12H30/13H15-complet MERCREDI A 13 18H30/19H15 A 09 19H15/20H00 A 10 20H00/20H45 JEUDI A 03 17H00/17H45 A 04 17H45/18H30 A 06 18H30/19H15-complet
	D 04 18h30-19h30 PILATES Etirements - Relaxation Laurence Houlbert D 07 19h30 - 21h00 CARDIO - RENFORT HOMMES Laurence Houlbert D 10 21h- 22h00 ZUMBA Marina Porto	D 08 16h45-17h45 EVEIL CORPOREL 3/5 ans Laurence Houlbert D 05 18h00-19h00 PILATES Etirements - Relaxation Laurence Houlbert D 09 19h00-20h30 CARDIO - RENFORT ETIREMENTS Laurence Houlbert D 11 20h45-21h45 PILATES & RELAXATION Etirements doux Sandrine Camus	 D 12 17h05-17h50 CROSSFIT ADO 10/15 ans Jessica Tessier D 13 18h00-18h45 CROSS TRAINING ADULTE Jessica Tessier 