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|  | | **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** | **Samedi** | **Dimanche** |
| **Enfants** | **Activation quotidienne** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Endurance** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Mobilité** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Force** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Coordination** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Jeux** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Relaxation** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |
| **Enfants** | **Détente quotidienne** |  |  |  |  |  |  |  |
| **Jeunes, adultes, seniors** |  |  |  |  |  |  |  |