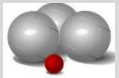
Semaine du **10** au **16** Mars 2025

| | | MATIN | | | | APRES - MIDI | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| LUNDI | 10 | **PICKLEBALL** **9h à 12h** | | | | **MARCHE 10** **Saucats** | | | | |
| MARDI | 11 | **RANDO 12 St André de Cubzac** | | | **GYM Valérie** **11h 15 – 12h 15** | **Tennis de table** **15h – 17h** | | **AQUAGYM** **15h30 – 16h15** | | |
| MERCREDI | 12 | **RANDO 15 Targon** | **RANDO 20 Cazaux** | | | | | | | |
| JEUDI | 13 | **QI GONG** **9h -9h 55** | **QI GONG** **10h – 10h 55** | **QI GONG** **11h – 11h 55** | **Marche Nordique** **10h30 - 12h** | **Marche Douce** **Cestas Les sources** | **THEÂTRE** **14h-16h** | **AQUAGYM** **15h30 – 16h15** | | |
| VENDREDI | 14 | **GYM Emma** **9h-10h** | **GYM Emma** **10h-11h** | | | **PETANQUE**  **14h – 17h** | | | | |
| SAMEDI | 15 | | | | | | | | | |
| DIMANCHE | 16 | | | | | | | | | |