



**CAP  
ESTEREL**  
SPORTS & NATURE

# L'AGENDA FITNESS, SPORTS & BALADES

**Du 07 au 13 Mai**



Tournois à partir de 12 ans / Fitness à partir de 15 ans.

Prévoir une tenue adaptée, des baskets, une bouteille d'eau et une serviette

DIMANCHE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p><b>9h30</b> <b>Renforcement musculaire</b> Rdv Place de la Bravade Muscles reinforcement Meet us place of bravade</p>	<p><b>9h30</b> <b>Cuisses, abdos, fessiers (CAF)</b> Rdv Place de la Bravade Thighs, abs and gluts Meet us place of bravade</p>	<p><b>9h30</b> <b>Cuisses, abdos, fessiers (CAF)</b> Rdv Place de la Bravade Thighs, abs and gluts Meet us place of bravade</p>		<p><b>9h30</b> <b>Cuisses, abdos, fessiers (CAF)</b> Rdv Place de la Bravade Thighs, abs and gluts Meet us place of bravade</p>	<p><b>9h30</b> <b>Renforcement musculaire</b> Rdv Place de la Bravade Muscles reinforcement Meet us place of bravade</p>
<p><b>10h30</b> <b>Cardio combat</b> Rdv Place de la Bravade Body combat Meet us place of bravade</p>	<p><b>10h00</b> <b>Tournoi de Football</b> Rdv terrains multisports Tournament Football Meet us multi-sport ground</p>	<p><b>10h30</b> <b>Circuit training</b> Rdv Place de la Bravade Circuit training Meet us place of bravade</p>	<p><b>Départ 09h30</b> <b>Randonnée</b> « Les Balcons de l'Esterel » <b>4km – 1h30</b> Rdv place de la bravade Riding to the Esterel Meet us place of bravade</p>	<p><b>10h00</b> <b>Tournoi de Basketball</b> Rdv terrains multisports Tournament Basketball Meet us multi-sport ground</p>	<p><b>10h00</b> <b>Tournoi de Football</b> Rdv terrains multisports Tournament Football Meet us multi-sport ground</p>
<p><b>11h30</b> <b>Stretching</b> Rdv Place de la Bravade Stretching Meet us place of bravade</p>	<p><b>10h30</b> <b>Cross training</b> Rdv Place de la Bravade Cross training Meet us place of bravade</p>	<p><b>11h30</b> <b>Stretching</b> Rdv Place de la Bravade Stretching Meet us place of bravade</p>		<p><b>10h30</b> <b>Step</b> Rdv Place de la Bravade Step Meet us place of bravade</p>	<p><b>10h30</b> <b>Zumba</b> Rdv Place de la Bravade Zumba Meet us place of bravade</p>
	<p><b>11h30</b> <b>Spécial Gainage</b> Rdv Place de la Bravade Strengthen Meet us place of bravade</p>			<p><b>11h30</b> <b>Abdos Flash</b> Rdv Place de la Bravade Abdos flash Meet us place of bravade</p>	<p><b>11h30</b> <b>Stretching</b> Rdv Place de la Bravade Stretching Meet us place of bravade</p>
<p><b>16h00</b> <b>Tournoi de Pétanque</b> Rdv place du belvédère Tournament Petanque Meet us place of belvedere</p>	<p><b>15h00</b> <b>Tournoi de Basketball</b> Rdv terrains multisports Tournament Basketball Meet us multi-sport ground</p>	<p><b>Départ 15h00</b> <b>Randonnée</b> « Rastel d'Agay » <b>8km – 3h00</b> <b>RDV PLACE DU TOGO A AGAY</b> Riding to the Esterel Meet us place of Togo in Agay</p>	<p><b>A partir de 16h00</b> <b>Marché Provençal</b> Place de la Bravade Provençal market Meet us place of bravade</p>	<p><b>16h00</b> <b>Tournoi de Pétanque</b> Rdv place du belvédère Tournament Petanque Meet us place of belvedere</p>	<p><b>Départ 15h00</b> <b>Randonnée</b> «Tour du Dramont» <b>6km – 2h</b> Rdv place de la bravade Riding to the Dramont Meet us place of bravade</p>



Pour toujours avoir le programme des activités sur vous n'hésitez pas à le prendre en photo.  
To always have the program of activities on you do not hesitate to take a picture.

