



**CAP  
ESTEREL**  
SPORTS & NATURE

# L'AGENDA FITNESS, SPORTS & BALADES

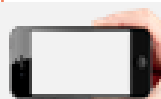
**Du 14 au 20 Mai**



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

SAMEDI	DIMANCHE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		
	<p><b>9h30</b> <b>Renforcement musculaire</b> <i>Rdv Place de la Bravade</i> Muscles renforcement Meet us place of bravade</p> <p><b>10h30</b> <b>Cardio combat</b> <i>Rdv Place de la Bravade</i> Body combat Meet us place of bravade</p> <p><b>11h30</b> <b>Stretching</b> <i>Rdv Place de la Bravade</i> Stretching Meet us place of bravade</p>	<p><b>9h30</b> <b>Cuisses, abdos fessiers (CAF)</b> <i>Rdv Place de la Bravade</i> Thighs, abs and gluts Meet us place of bravade</p> <p><b>10h30</b> <b>Cross training</b> <i>Rdv Place de la Bravade</i> Cross training Meet us place of bravade</p> <p><b>11h30</b> <b>Aqua'dance</b> <i>Rdv piscine à vagues</i> Aqua'dance Meet us wave pool</p>	<p><b>9h30</b> <b>Cuisses, abdos fessiers (CAF)</b> <i>Rdv Place de la Bravade</i> Thighs, abs and gluts Meet us place of bravade</p> <p><b>10h00</b> <b>Molkky</b> Jeu de quilles finlandaises <i>Rdv place du belvédère</i> Tournament Molkky Meet us place of belvedere</p> <p><b>10h30</b> <b>Circuit training</b> <i>Rdv Place de la Bravade</i> Circuit training Meet us place of bravade</p> <p><b>11h30</b> <b>Stretching</b> <i>Rdv Place de la Bravade</i> Stretching Meet us place of bravade</p>	<p><b>10h00</b> <b>Molkky</b> Jeu de quilles finlandaises <i>Rdv place du belvédère</i> Tournament Molkky Meet us place of belvedere</p> <p><b>10h30</b> <b>Circuit training</b> <i>Rdv Place de la Bravade</i> Circuit training Meet us place of bravade</p> <p><b>11h30</b> <b>Stretching</b> <i>Rdv Place de la Bravade</i> Stretching Meet us place of bravade</p>	<p><b>Départ 09h30</b> <b>Randonnée</b> «Tour du Dramont» <b>6km – 2h</b> <i>Rdv place de la bravade</i> Riding to the Dramont Meet us place of bravade</p> <p><b>A partir de 16h00</b> <b>Marché Provençal</b> <i>Place de la Bravade</i> Provencal market Meet us place of bravade</p>	<p><b>9h30</b> <b>Renforcement musculaire</b> <i>Rdv Place de la Bravade</i> Muscles renforcement Meet us place of bravade</p> <p><b>10h00</b> <b>Tournoi de Football</b> <i>Rdv terrains multisports</i> Tournament Football Meet us multi-sport ground</p> <p><b>10h30</b> <b>Zumba</b> <i>Rdv Place de la Bravade</i> Zumba Meet us place of bravade</p> <p><b>11h30</b> <b>Aqua'dance</b> <i>Rdv piscine à vagues</i> Aqua'dance Meet us wave pool</p>	<p><b>9h30</b> <b>Cuisses, abdos fessiers (CAF)</b> <i>Rdv Place de la Bravade</i> Thighs, abs and gluts Meet us place of bravade</p> <p><b>10h30</b> <b>Step</b> <i>Rdv Place de la Bravade</i> Step Meet us place of bravade</p> <p><b>11h30</b> <b>Abdos Flash</b> <i>Rdv Place de la Bravade</i> Abdos flash Meet us place of bravade</p> <p><b>15h00</b> <b>Tournoi de Basketball</b> <i>Rdv terrains multisports</i> Tournament Basketball Meet us multi-sport ground</p> <p><b>16h00</b> <b>Tournoi de Pétanque</b> <i>Rdv place du belvédère</i> Tournament Petanque Meet us place of belvedere</p> <p><b>17h30</b> <b>Stretching</b> <i>Rdv Piscine du Hameau du haut</i> <b>Prévoir serviette</b> Stretching Meet us Hameau Pool</p>	<p><b>15h00</b> <b>Tennis de table</b> <i>Rdv Espace des arcades</i> Tennis table Meet us Arcades</p> <p><b>16h30</b> <b>Molkky</b> Jeu de quilles finlandaises <i>Rdv place du belvédère</i> Tournament Molkky Meet us place of belvedere</p>
<p><b>Départ 15h00</b> <b>Randonnée</b> « Les Balcons de l'Esterel » <b>4km – 1h30</b> <i>Rdv place de la bravade</i> Riding to the Esterel Meet us place of bravade</p>			<p><b>Départ 15h00</b> <b>Randonnée</b> « Cap Roux » <b>5km – 2h15</b> <i>Rdv MASSIF DE L'ESTEREL PARKING DE LA STE BAUME</i> Riding to the Dramont Meet Sainte baume Carpark</p>		<p><b>15h00</b> <b>Tournoi de Pétanque</b> <i>Rdv place du belvédère</i> Tournament Petanque Meet us place of belvedere</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.

