



**CAP  
ESTEREL**  
SPORTS & NATURE

# L'AGENDA FITNESS, SPORTS & BALADES

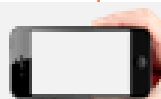
**Du 03 au 08 Juillet**



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>10h30</b> <b>Cardio combat</b> Rdv Place de la Bravade Body combat Meet us Bravade</p> <p><b>11h30</b> <b>Spécial Gainage</b> Rdv Espace des arcades Strengthen Meet us arcades</p>	<p><b>9h30</b> <b>Cardio Training</b> Rdv Place de la Bravade Cardio Training Meet us 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>Zumba</b> Rdv Place de la Bravade Zumba Meet us Bravade</p> <p><b>11h30</b> <b>Cuisses, abdos, fessiers (CAF)</b> Rdv Espace des Arcades Thighs, abs and gluts Meet us Arcades</p> <p><b>11h30</b> <b>Aqua'dance</b> Rdv piscine Californienne Aqua'dance Meet us pool</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>10h00</b> <b>Molkky</b> Jeu de quilles finlandaises Rdv place du belvédère Tournament Molkky Meet us place of belvedere</p> <p><b>10h30</b> <b>HIIT</b> Rdv Place de la Bravade Hiit Meet us Bravade</p> <p><b>11h30</b> <b>Abdos Flash</b> Rdv Espace des Arcades Abdos flash Meet us Arcades</p> <p><b>11h30</b> <b>Aqua'dance</b> Rdv piscine Californienne Aqua'dance Meet us pool</p>	<p><b>Départ 09h30</b> <b>Randonnée</b> « Rastel d'Agay » 7km – 2h30 <b>RDV PLACE DU TOGO A AGAY</b> Riding to the Esterel Meet us place of Togo in Agay</p> <p><b>FITNESS BEACH</b> <b>Rdv à la plage du Dramont</b> Meet us at the Dramont beach</p> <p><b>PRÉVOIR SERVIETTE</b> Come with beach towel</p> <p><b>10h15</b> <b>Renforcement musculaire</b> Muscles reinforcement</p> <p><b>10h45</b> <b>Cardio Combat</b> Combat</p> <p><b>11h15</b> <b>Stretching</b> Stretching</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>10h00</b> <b>Tournoi de Football</b> Rdv terrains multisports Tournament Football Meet us multi-sport ground</p> <p><b>10h30</b> <b>Cardio attack</b> Rdv Place de la Bravade Cardio attack Meet us Bravade</p> <p><b>11h30</b> <b>Spécial Gainage</b> Rdv Espace des arcades Strengthen Meet us arcades</p> <p><b>11h30</b> <b>Aqua'dance</b> Rdv piscine Californienne Aqua'dance Meet us pool</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>Zumba</b> Rdv Place de la Bravade Zumba Meet us Bravade</p> <p><b>11h30</b> <b>Step</b> Rdv Espace des arcades Step Meet us arcades</p> <p><b>11h30</b> <b>Aqua'dance</b> Rdv piscine Californienne Aqua'dance Meet us pool</p>
<p><b>Départ 15h00</b> <b>Randonnée</b> « Les Balcons de l'Esterel » 4km – 1h30 Rdv place de la bravade Riding to the Esterel Meet us place of bravade</p> <p><b>18h30</b> <b>Anim' info</b> Rdv place de la bravade Anim info Meet us place of bravade</p>	<p><b>15h00</b> <b>Tennis de table</b> Rdv Espace des arcades Tennis table Meet us Arcades</p> <p><b>17h00</b> <b>Circuit Training</b> Rdv Espace des Arcades Circuit Training Meet us Arcadesv</p> <p><b>18h00</b> <b>Stretching</b> Rdv Piscine du Hameau du haut Prévoir serviette Stretching Meet us Hameau Pool</p>	<p><b>15h00</b> <b>Tournoi de Handball</b> Rdv terrains multisports Tournament handball Meet us multi-sport ground</p> <p><b>16h00</b> <b>Tournoi de Basketball</b> Rdv terrains multisports Tournament Basketball Meet us multi-sport ground</p> <p><b>17h30</b> <b>Trampo'fit</b> <b>RÉSERVATION GRATUITEMENT À LA RÉCEPTION, PLACES LIMITEES</b> Rdv aux arcades Trampo'fit Free registration at the reception Meet us arcades</p> <p><b>17h30</b> <b>Aqua'zumba</b> Rdv piscine Californienne Aqua'dance Meet us pool</p>	<p><b>A partir de 16h00</b> <b>Marché Provençal</b> Place de la Bravade Provencal market Meet us place of bravade</p>	<p><b>SPECIAL NUIT DES SPORTS</b> <b>17h00</b> <b>Tournoi de Pétanque</b> Rdv place du belvédère Tournament Petanque Meet us place of belvedere</p> <p><b>17h30</b> <b>Aqua'dance</b> Rdv piscine Californienne Aqua'dance Meet us pool</p>	<p><b>Départ 15h00</b> <b>Randonnée</b> « Tour du Dramont » 6km – 2h Rdv place de la bravade Riding to the Dramont Meet us place of bravade</p> <p><b>18h00</b> <b>Cross Training</b> Rdv Espace des arcades Cross training Meet us arcades</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.

