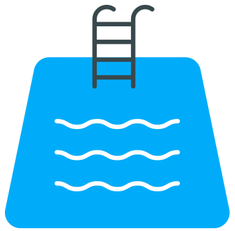
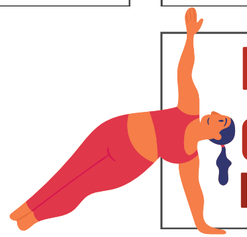
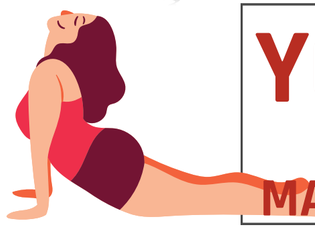
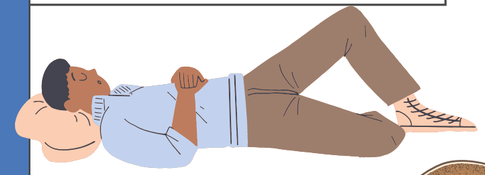
CALENDRIER HEBDOMADAIRE DES ACTIVITÉS

MAISON MÉDICALE SANTÉ PLURIELLE

HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10H00			 PÉRINÉE & GAINAGE ISA 10H	GYM PLACE MORICHAR ISA 10H30	GYM DU DOS Marjorie 10H
10H30					MARCHE Morgane 10H30
12H		AQUAGYM Anne-Aymone 12H	nouveau: Raccommodage 11H		Table d'hôtes atelier cuisine 11H00-15H00
16H		Atelier écriture Point d'Appui 40, rue de Bosnie 14H			RELAXATION ÉTIREMENT ISABELLE 16H
18H	GYM DU DOS Sophie 18H		YOGA NIVEAU 1 MARJORIE 17H30	Atelier théâtre Douze Rome 26, r. victoire 16H	

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