



# Programme AS 3



	Activité	A1	A2
<b>8/1</b>	Randonnée		
<b>15/1</b>	Cross Fit Acad-Gym		
<b>22/1</b>	Patinoire		
<b>29/1</b>	Gym-Bad Qualif district		
<b>5/2</b>	Futsal entraînement		
<b>12/2</b>	Futsal Qualif district		
<b>19/2</b>	Fitness, renforcement musculaire		