

Gym Volontaire SAINTE JAMME / MONTBIZOT

Saison 2026 - 2027



GYM ADULTES

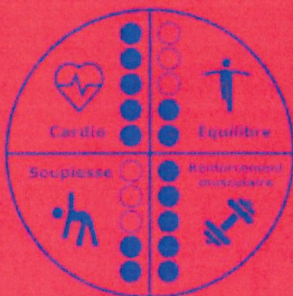
Gymnase de Sainte Jamme sur Sarthe

Reprise :

Lundi 14 septembre

19h00 - 20h00

20h00 - 21h00



GYM SENIORS

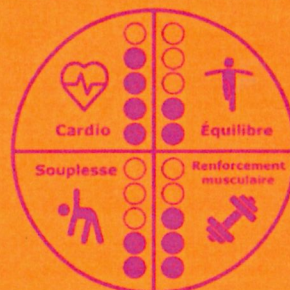
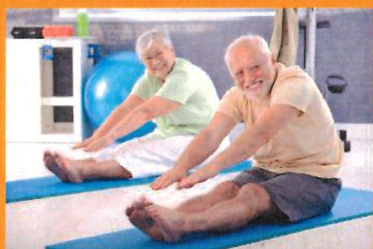
Salle Polyvalente de Montbizot

Reprise :

Mardi 15 septembre

9h15 - 10h30

10h30 - 11h45



DO IN RELAX

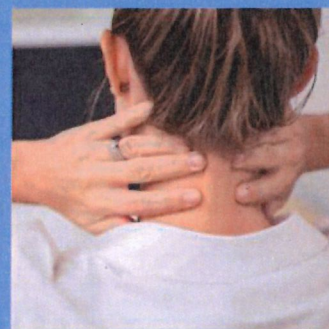
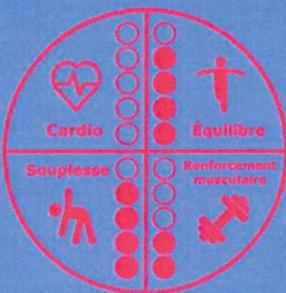
Gymnase de Sainte Jamme sur Sarthe

Reprise :

Mardi 15 septembre

17h45 - 18h45

19h15 - 20h15



PILATES

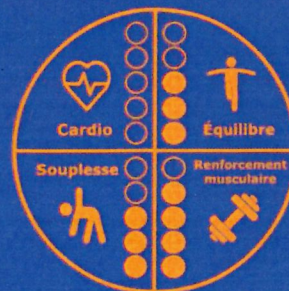
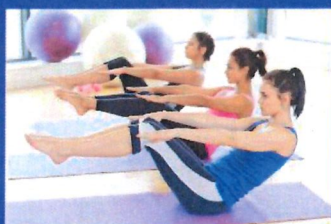
Gymnase de Sainte Jamme sur Sarthe

Reprise :

Samedi 19 septembre

10h00 - 11h00

11h00 - 12h00



Renseignements :

gym.ste.jamme.montbizot@gmail.com