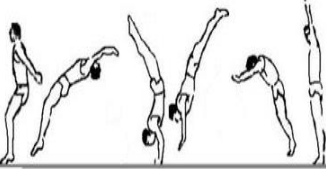
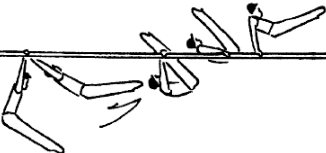
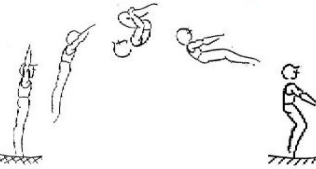
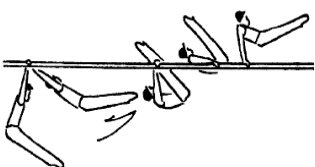
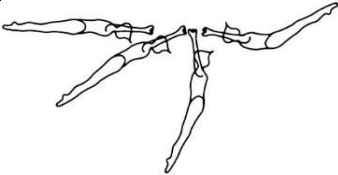
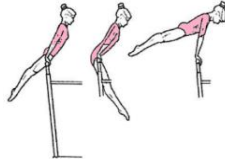
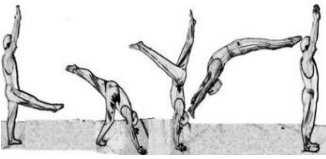
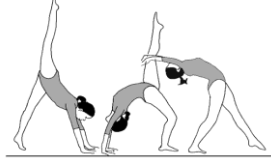
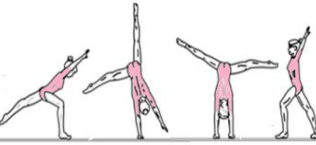
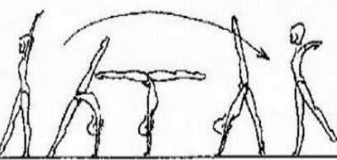




Stage de la Toussaint 2026

Semaine 1



	Lundi 19 octobre	Mardi 20 octobre	Mercredi 21 octobre	Jeudi 22 octobre	Vendredi 23 octobre
9:30					
11:30	Rotation Arrière	Renversement avant avec envol	Flip arrière	Bascule	Rotation Avant
13:15					
15:15	Bascule	Ballancer	Prise d'élán	Saut de mains	Souplesse avant
15:30				Figure de Base au Trampoline	
17:30	Roue	A.T.R.	Souplesse arrière		
20:15	Adultes Loisirs		Adultes Loisirs		
21:45					