

La Gymnastique Volontaire Montreuilloise

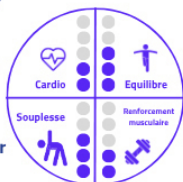
PROGRAMME DE LA SAISON 2026 2027

LUNDI

10 H - 11 H

**Gym Silver
Bien Vieillir**

Centre de quartier
Jean Lurçat

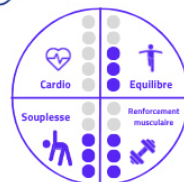


LUNDI

18 H - 19 H

PILATES

Centre Sportif
Arthur ASHE

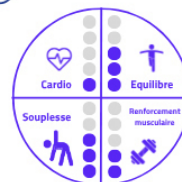


MERCREDI

10 H - 11 H

PILATES

Centre Sportif
Arthur ASHE

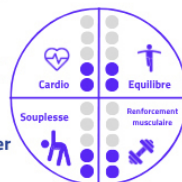


MERCREDI

14 H - 15 H

**APA
EQUILIBRE**

Centre de quartier
Jean Lurçat

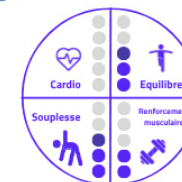


VENDREDI

10 H 11 H

PILATES

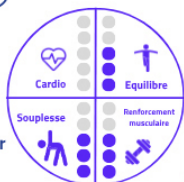
Centre Sportif
Arthur ASHE



11 H - 12 H

PILATES

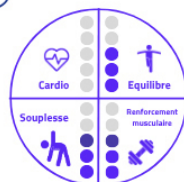
Centre de quartier
Jean Lurçat



19 H - 20 H

BODY ZEN

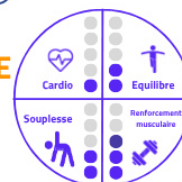
Centre Sportif
Arthur ASHE



11 H - 12 H

**APA GYM
SUR CHAISE**

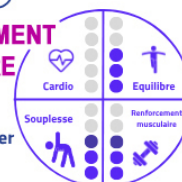
Centre Sportif
Arthur ASHE



15 H - 16 H

**RENFORCEMENT
MUSCULAIRE
PILATES**

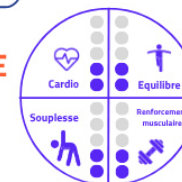
Centre de quartier
Jean Lurçat



11 H - 12 H

**APA
EQUILIBRE**

Centre Sportif
Arthur ASHE



RENSEIGNEMENTS ET CONTACT :

Mail : gvmontreuilloise@gmail.com

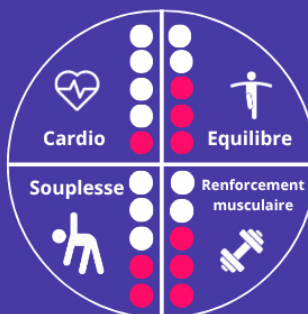
Site Internet : lagvmontreuilloise.fr

Sites :

- Centre sportif Arthur Ashe 156 rue de La Nouvelle France
- Centre de quartier Jean Lurçat : 5 place du Marché

DUREE DE CHAQUE PILIER

Cotation de 1 à 5



OBJECTIFS POUR ÊTRE EN BONNE SANTÉ ...

2 séances + 1 à minima



Les 4 piliers abordés dans
la semaine

DES CONSEILS SPORT & SANTÉ



DES SÉANCES EN
LIGNE !