



PROGRAMME ACTIVITÉS COMBINÉES

2025 & 2026



Raid 2 Vous



SEPTEMBRE

SAMEDI 27
Trail Yoga

A woman with long reddish hair, wearing a blue denim jacket and dark pants, is walking away from the camera on a dirt path. The path is surrounded by tall, green grasses and white flowers. The background is a dense forest of green trees.

OCTOBRE

Three people are standing in a grassy field, facing away from the camera. They appear to be talking on their mobile phones. The person on the left is wearing a red shirt and black pants. The person in the middle is wearing a white t-shirt, black shorts, and a grey cap. The person on the right is wearing an orange t-shirt and black shorts. The background is a dense forest of green trees.

SAMEDI 11
Rando Yoga



NOVEMBRE

DIMANCHE 2

**Trail au-dessus des nuages
& Dégustation**

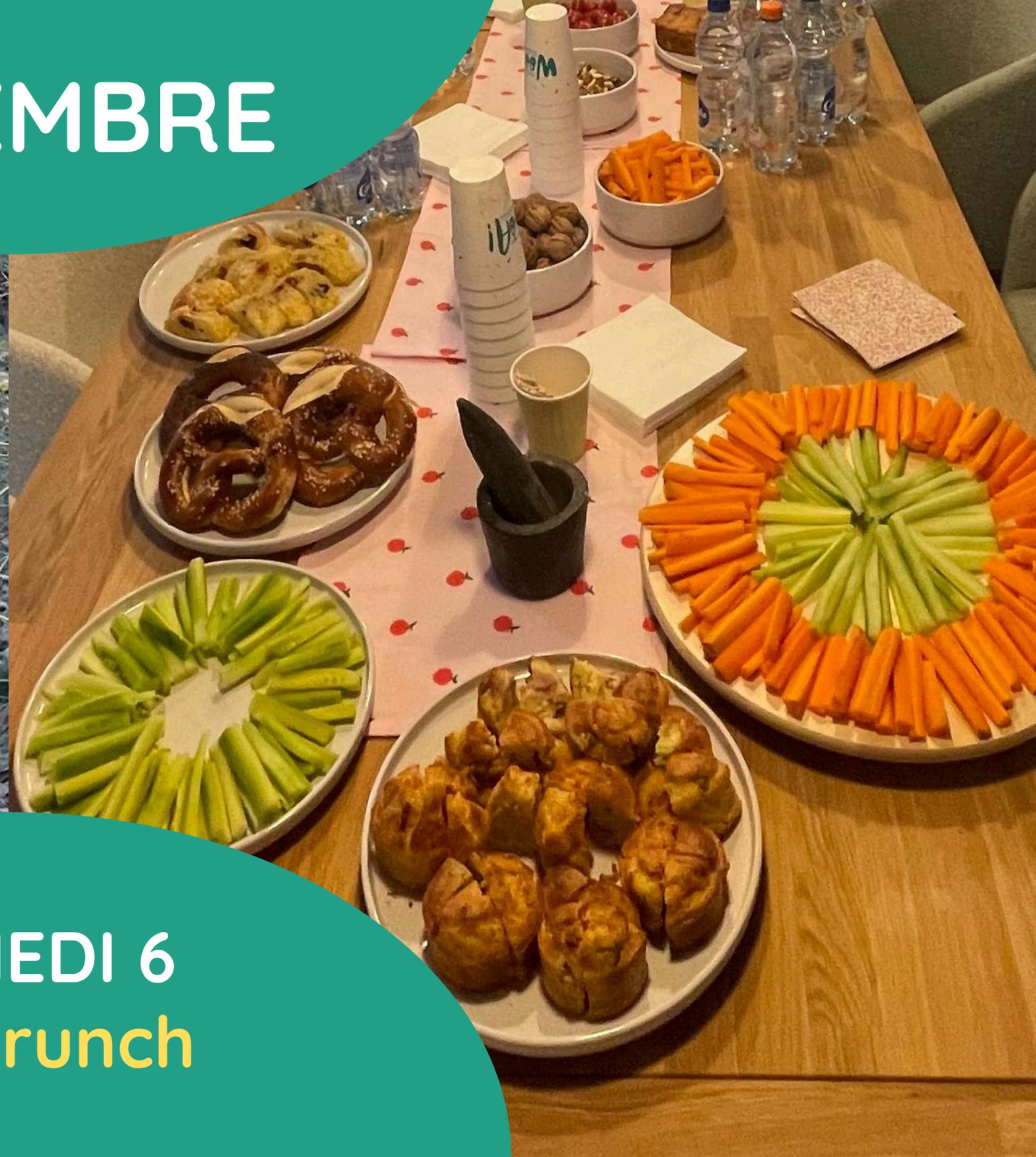
SAMEDI 29

Trail Aquaboxing Sauna

DÉCEMBRE



SAMEDI 6
RunBrunch



JANVIER



SAMEDI 17
Run Pilates

A group of trail runners is seen from behind, walking along a snow-covered path in a mountainous, forested area. The runners are wearing winter gear, including jackets, hats, and backpacks. The background features snow-covered evergreen trees and a mountain peak under a sky with soft, golden light, suggesting a sunrise or sunset. A large teal circle is overlaid on the top right of the image, and another smaller teal circle is overlaid on the bottom center.

FÉVRIER

SAMEDI 21
TrailBlanc

MARS



SAMEDI 28
Run Swim

AVRIL



SAMEDI 11
Trail Aquaboxing Sauna



MAI



SAMEDI 16 Run Conseil



JUIN

SAMEDI 27
Rando Yoga

JUILLET



Runcity Pilates

AOÛT



SAMEDI 29
Trail couché de soleil



POUR UN ENVOL DE BONHEUR

Raid 2 Vous