

# Animations sportives sur la plage de Talloires

**Sports activities on Talloires's beach**

*Ouvert à tous et gratuit !*

*Open to all and free !*

**Chaque lundi, jeudi, vendredi, samedi  
et dimanche**

***Every Monday, Thursday, Friday, Saturday and  
Sunday***



**Réveil & renforcement musculaire**

*Muscle toning and building*

10h00 / 11h00



**Initiation volley-ball**

Initiation volleyball

11h00 / 12h00