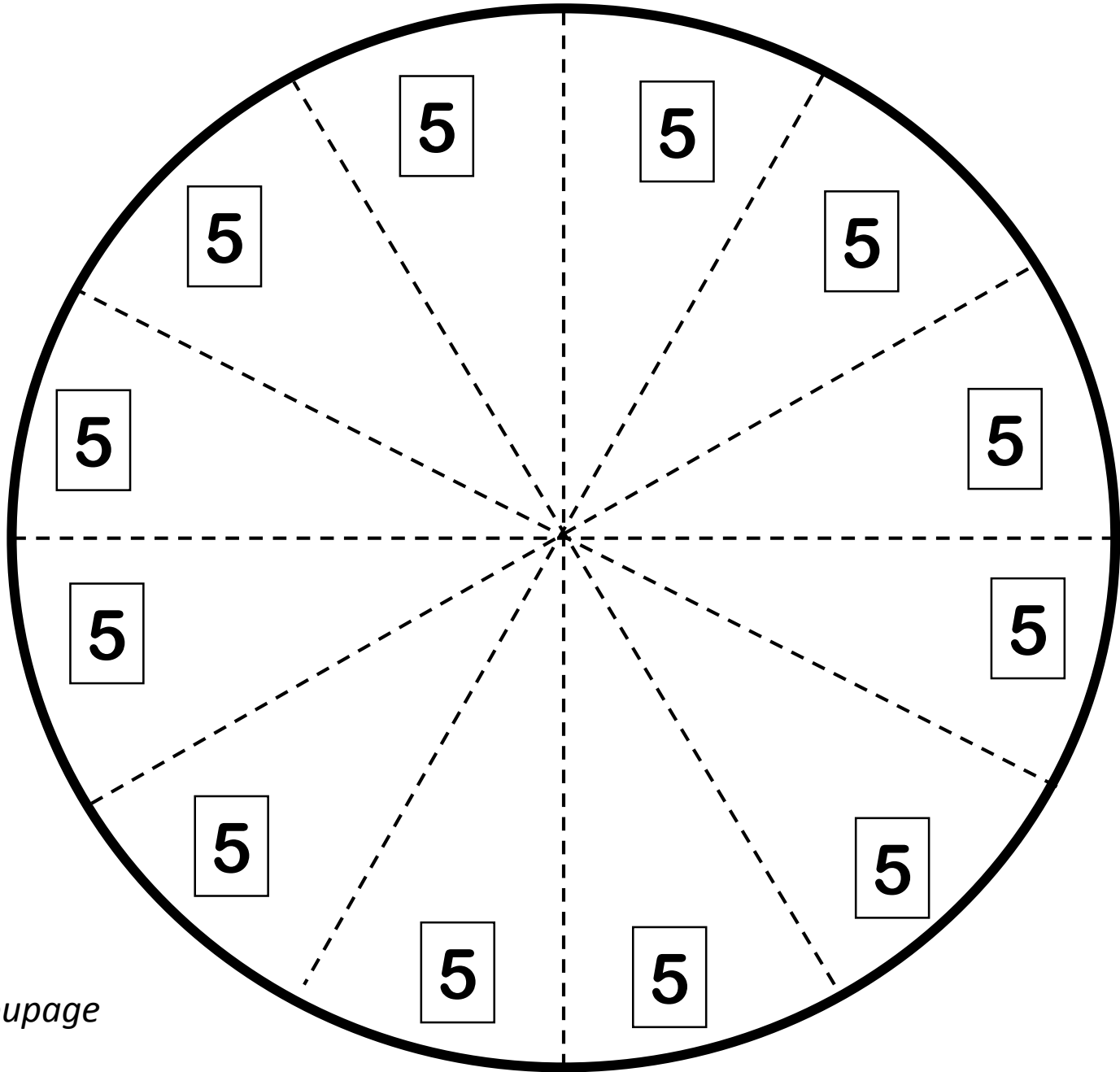


*Piage*

*Activités individuelle*

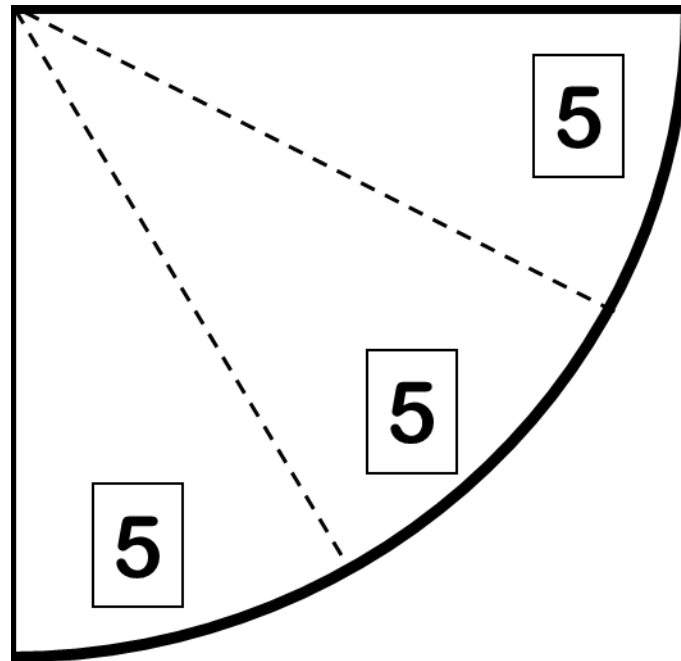
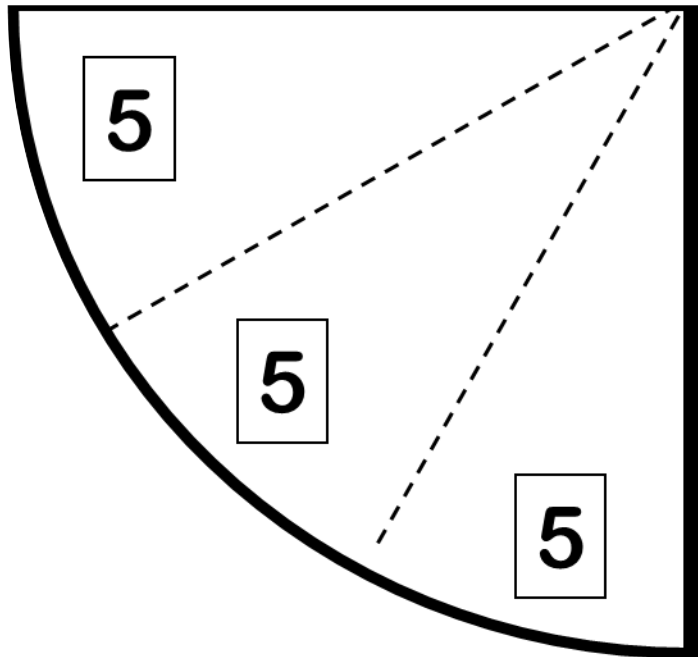


*Découpage*

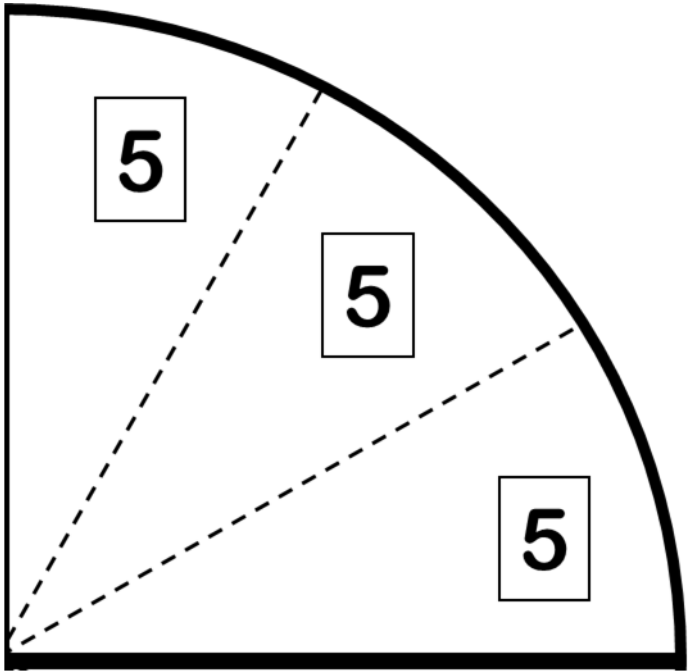
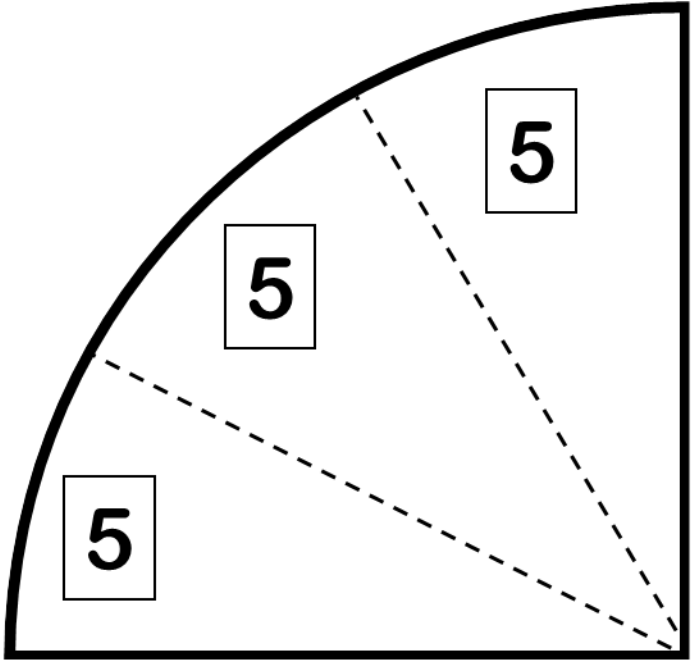
3 quarts d'heure

35 minutes

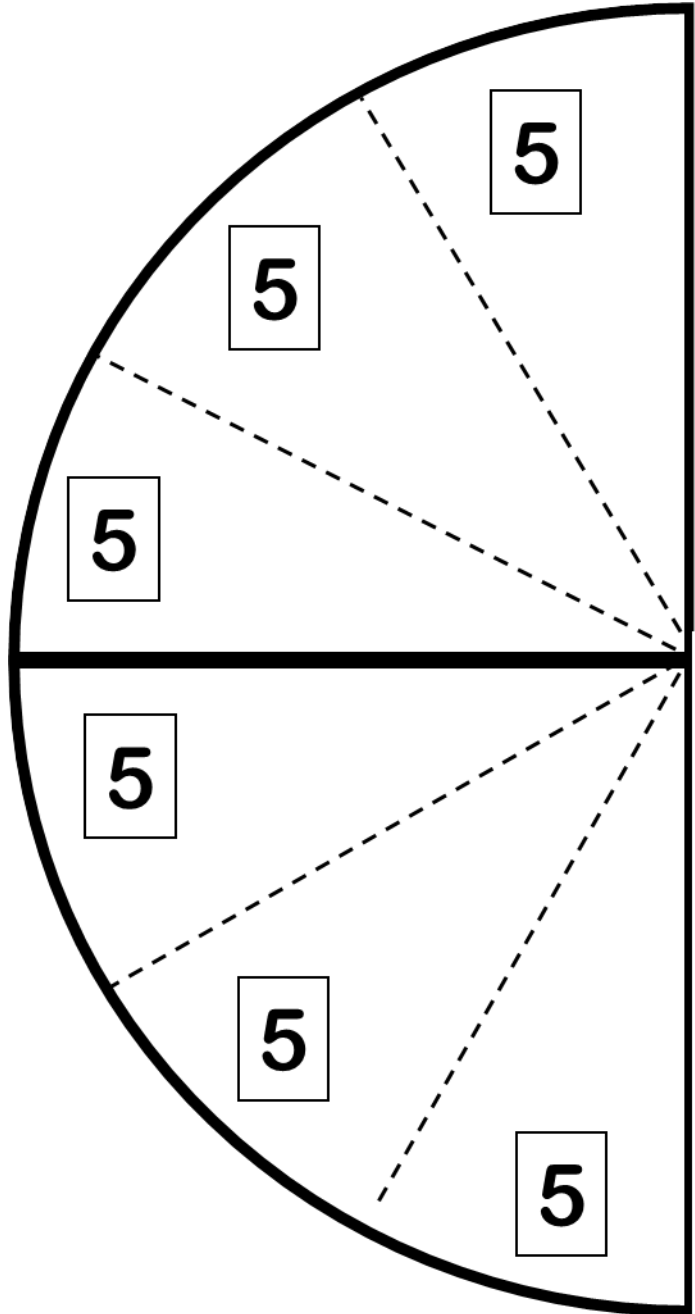
40 minutes



50 minutes



55 minutes

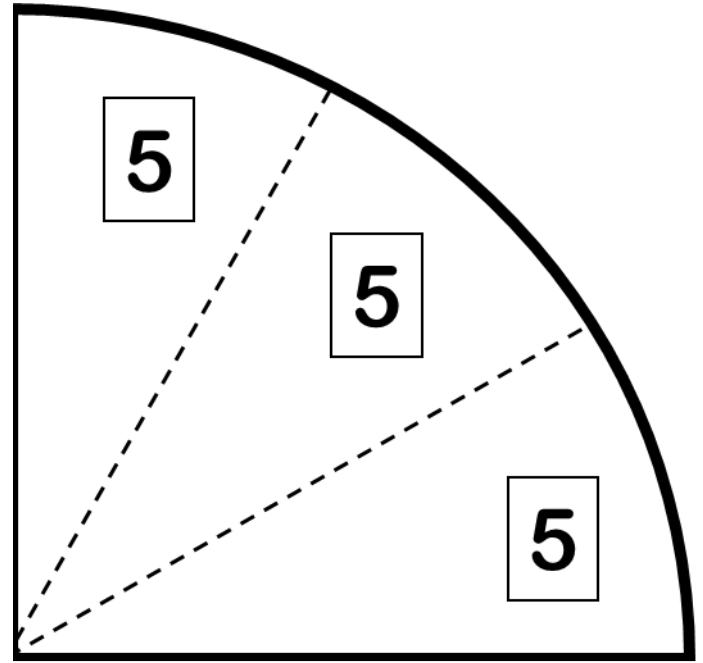


60 minutes

30 minutes

45 minutes

15 minutes



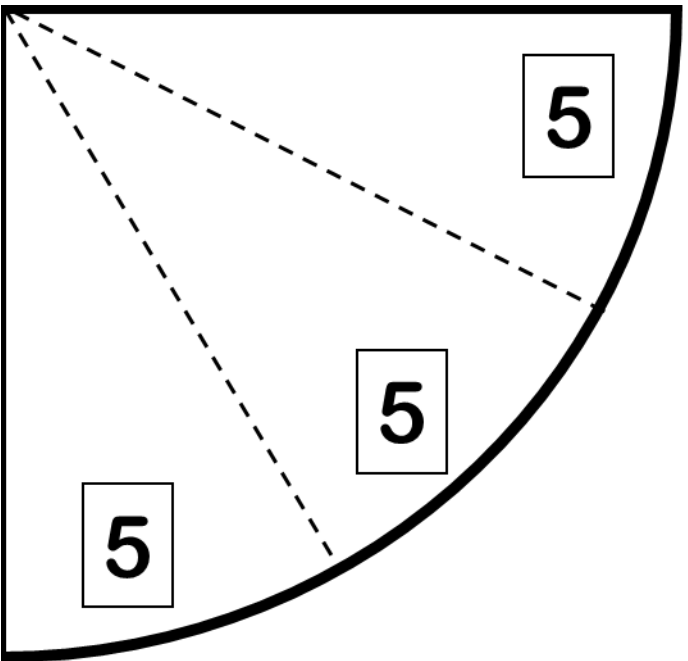
10 minutes

20 minutes

1 quart d'heure

2 quarts d'heure

3 quarts d'heure



5 minutes

demi heure