

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
			1 10h30 Pilates 12h30 Aquaboxing by Mathieu 18h30 Cardio boxe	2 10h30 Danse orientale <u>10h30 Aquagym by Saima</u>	3 <u>9h30 Paddle</u> 10h Tennis 11h Circuit outdoor 11h30 Yoga by Simone	4 11h Stretching
5 <u>9h30 Paddle</u> 10h30 Protection ostéoarticulaire <u>10h30 Aquagym by Saima</u> 18h30 Yoga by Jessica	6 <u>10h30 Aquagym by Saima</u> 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	7 10h30 Yoga by Nadine <u>10h30 Aquacaf by Saima</u> 18h30 Stretching	8 12h30 Aquaboxing by Mathieu 18h30 Cardio boxe	9 10h30 Danse orientale <u>10h30 Aquagym by Saima</u>	10 <u>9h30 Paddle</u> 10h Tennis 11h Circuit outdoor 11h30 Yoga by Simone	11 11h Stretching
12 <u>9h30 Paddle</u> <u>10h30 Aquagym by Saima</u> 18h30 Yoga by Jessica	13 <u>10h30 Aquagym by Saima</u> 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym by Julien	14 10h30 Yoga by Alizée <u>10h30 Aquacaf by Saima</u> 18h30 Stretching	15 10h30 Pilates 12h30 Aquaboxing by Mathieu 18h30 Cardio boxe	16 10h30 Danse orientale <u>10h30 Aquagym by Saima</u>	17 <u>9h30 Paddle</u> 10h Tennis 11h Circuit outdoor 11h30 Yoga by Alizée	18 11h Stretching
19 <u>9h30 Paddle</u> <u>10h30 Aquagym by Saima</u> 18h30 Yoga by Jessica	20 <u>10h30 Aquagym by Saima</u> 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	21 10h30 Yoga by Nadine <u>10h30 Aquacaf by Saima</u> 18h30 Stretching	22 10h30 Pilates 18h30 Stretching by Nathalie	23 10h30 Danse orientale <u>10h30 Aquagym by Saima</u>	24 <u>9h30 Paddle</u> 10h Tennis 11h Circuit outdoor by Julien 11h30 Yoga by Simone	25 11h Stretching
26 <u>9h30 Paddle</u> 10h30 Protection ostéoarticulaire <u>10h30 Aquagym by Saima</u> 18h30 Yoga by Jessica	27 <u>10h30 Aquagym by Saima</u> 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	28 10h30 Yoga by Nadine <u>10h30 Aquacaf by Saima</u> 18h30 Stretching by Julien	29 10h30 Pilates 12h30 Aquaboxing by Mathieu 18h30 Cardio boxe	30 10h30 Danse orientale <u>10h30 Aquagym by Saima</u>	31 <u>9h30 Paddle</u> 10h Tennis 11h Circuit outdoor 11h30 Yoga by Alizée	