

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				10.30am Aquagym 1	10am Tennis 11am Impulse Gym <small>New</small> 11.30am Yoga by Simone 2	10.30am Cross training <small>New</small> 11am Stretching 3
10.30am Protecting your bones and joints by Sébastien 6.30pm Yoga by Jessica 4	10am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym 5	10.30am Yoga by Nadine 6.30pm HIIT 6	10.30am Pilates 6pm Tennis Lady 6.30pm Cardio boxe Lady 7pm Cardio boxe Men 7	10.30am Aquagym 10.30 - 12am Workshop <small>New</small> Krav Maga 8	10am Tennis 11am Impulse Gym <small>New</small> 11.30am Yoga by Simone 9	10.30am Cross training <small>New</small> 11am Stretching 10
10.30am Protecting your bones and joints by Sébastien 6.30pm Yoga by Jessica 11	10am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym 12	10.30am Yoga by Nadine 6.30pm HIIT 13	6pm Tennis Lady 6.30pm Cardio boxe Lady 7pm Cardio boxe Men 14	10.30am Aquagym 15	10am Tennis 11am Impulse Gym <small>New</small> 11.30am Yoga by Simone 16	10.30am Cross training <small>New</small> 11am Stretching 17
10.30am Protecting your bones and joints by Sébastien 6.30pm Yoga by Jessica 18	10am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym 19	10.30am Yoga by Nadine 6.30pm HIIT 20	10.30am Pilates 6pm Tennis Lady 6.30pm Cardio boxe Lady 7pm Cardio boxe Men 21	10.30am Oriental dance 22	10am Tennis 11am Impulse Gym <small>New</small> 11.30am Yoga by Simone 23	10.30am Cross training <small>New</small> 11am Stretching 24
10.30am Protecting your bones and joints by Sébastien 6.30pm Yoga by Alizée 25	10am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym 26	10.30am Yoga by Nadine 6.30pm HIIT 27	10.30am Pilates 6pm Tennis Lady 6.30pm Cardio boxe Lady 7pm Cardio boxe Men 28	10.30am Oriental dance 10.30am Aquagym 29	10am Tennis 11am Impulse Gym <small>New</small> 11.30am Yoga by Alizée 30	10.30am Cross training <small>New</small> 11am Stretching 31