

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				10h30 Aquagym 1	10h Tennis 11h Impulse Gym  11h30 Yoga by Simone 2	10h30 Cross training  11h Stretching 3
10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica 4	10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym 5	10h30 Yoga by Nadine 18h30 HIIT 6	10h30 Pilates 18h Tennis Lady 18h30 Cardio boxe Lady 19h Cardio boxe Men 7	10h30 Aquagym 10h30 - 12h Workshop  Krav Maga 8	10h Tennis 11h Impulse Gym  11h30 Yoga by Simone 9	10h30 Cross training  11h Stretching 10
10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica 11	10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym 12	10h30 Yoga by Nadine 18h30 HIIT 13	18h Tennis Lady 18h30 Cardio boxe Lady 19h Cardio boxe Men 14	10h30 Aquagym 15	10h Tennis 11h Impulse Gym  11h30 Yoga by Simone 16	10h30 Cross training  11h Stretching 17
10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica 18	10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym 19	10h30 Yoga by Nadine 18h30 HIIT 20	10h30 Pilates 18h Tennis Lady 18h30 Cardio boxe Lady 19h Cardio boxe Men 21	10h30 Danse orientale 22	10h Tennis 11h Impulse Gym  11h30 Yoga by Simone 23	10h30 Cross training  11h Stretching 24
10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Alizée 25	10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym 26	10h30 Yoga by Nadine 18h30 HIIT 27	10h30 Pilates 18h Tennis Lady 18h30 Cardio boxe Lady 19h Cardio boxe Men 28	10h30 Danse orientale 10h30 Aquagym 29	10h Tennis 11h Impulse Gym  11h30 Yoga by Alizée 30	10h30 Cross training  11h Stretching 31