

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
1 10h30 Move and art by Alexane 18h30 Yoga by Jessica	2 10h30 Concert bols chantants tibétains by Verona 10h30 Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	3 10h30 Yoga by Nadine 18h30 HIIT by Mathieu	4 10h30 Pilates 18h Tennis Lady 18h30 - 19h Cardio boxe Lady 19h - 19h30 Cardio boxe Men	5 10h30 Belly dance cardio 10h30 Aquagym	6 10h Tennis 11h Impulse Gym 11h30 Yoga by Simone	7 10h30 Cross training 11h Stretching
8 10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica	9 10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	10 10h30 Yoga by Nadine 18h30 HIIT by Mathieu	11 10h30 Pilates 18h Tennis Lady 18h30 - 19h Cardio boxe Lady 19h - 19h30 Cardio boxe Men	12 10h30 Belly dance cardio 10h30 Aquagym	13 10h Tennis 11h Impulse Gym 11h30 Yoga by Simone	14 10h30 Cross training 11h Stretching
15 10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica	16 10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	17 10h30 Yoga by Nadine 18h30 HIIT by Mathieu	18 Boxe by Mohamed 10h30 Boxe by Mohamed 18h Tennis Lady 18h30 Boxe by Mohamed	19 Boxe by Mohamed 10h30 Belly dance cardio 10h30 Aquagym 12h30 Boxe by Mohamed 18h30 Boxe by Mohamed	20 Boxe by Mohamed 10h Tennis 10h Boxe by Mohamed 11h Impulse Gym 11h30 Yoga by Alizée 17h Boxe by Mohamed	21 10h30 Cross training 11h Stretching
22 10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica	23 10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	24 10h30 Yoga by Nadine	25 10h30 Pilates 18h Tennis Lady 18h30 - 20h Krav Maga by Victor	26 10h30 Belly dance cardio 10h30 Aquagym	27 10h Tennis 11h Impulse Gym 11h30 Yoga by Simone	28 10h30 Cross training 11h Stretching
29 10h30 Protection ostéoarticulaire by Sébastien 18h30 Yoga by Jessica	30 10h Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym					