

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
						1 10h15 Twenty by Mathieu 11h Stretching
2 10h30 Ballet aquatique 18h30 Yoga	3 10h30 Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	4 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT	5 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe Men (30 min)	6 10h30 Belly dance cardio 12h30 Protection ostéoarticulaire	7 10h Tennis 11h Impulse gym 11h30 Yoga by Alizée	8 10h15 Twenty 11h Stretching
9 10h30 Ballet aquatique 18h30 Yoga	10 10h30 Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	11 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT	12 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe Men (30 min)	13 10h30 Belly dance cardio 12h30 Protection ostéoarticulaire	14 4h Sortie trekking lever de soleil 10h Tennis 10h45 Impulse Body 11h30 Yoga	15 10h15 Twenty 11h Stretching
16 10h30 Ballet aquatique 18h30 Yoga	17 10h30 Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	18 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT	19 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe Men (30 min)	20 10h30 Belly dance cardio 12h30 Protection ostéoarticulaire	21 10h Tennis 10h45 Impulse Body by Kyra 11h30 Yoga by Alizée	22 10h15 Twenty 11h Stretching by Martin
23 10h30 Ballet aquatique 18h30 Yoga	24 10h30 Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	25 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra	26 10h30 Pilates 18h Tennis Lady 18h30 Stretching by Nathalie (45min)	27 10h30 Workshop Powersculpt by Stéphanie 12h30 Protection ostéoarticulaire	28 10h Tennis 10h45 Impulse Body by Anne 11h30 Yoga	29 10h15 Inshape barre cardio by Kyra 11h Stretching
30 10h30 Ballet aquatique 18h30 Yoga	31 10h30 Aquagym 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym					

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		1 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT	2 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe men	3 12h30 Protection ostéoarticulaire	4 9h Paddle (1h) 10h Tennis 10h45 Circuit outdoor 11h30 Yoga	5 10h15 Twenty by Mathieu 11h Stretching
6 9h Paddle (1h) 10h30 Ballet aquatique 12h30 Twenty (30 min) 18h30 Yoga by Alizée	7 10h30 Inshape Barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym by Kyra	8 10h30 Hypnothérapie by Caroline 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra	9 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe men	10 10h30 Belly Danse Cardio 12h30 Protection ostéoarticulaire	11 9h Paddle (1h) 10h Tennis 10h45 Circuit outdoor by Kyra 11h30 Yoga	12 10h15 Twenty 11h Stretching
13 9h Paddle (1h) 10h30 Ballet aquatique 12h30 Twenty (30 min) 18h30 Yoga	14 10h30 Inshape Barre 11h Aquagym 18h Tennis Homme 18h30 Wellness Gym by Kyra	15 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT	16 10h30 Workshop Powersculpt by Stephanie (1h) 12h30 Aquagym 18h Tennis Lady 18h Invitation à découvrir la Cure Nescens - Clinique Nescens 18h30 Cardio boxe Lady (30min)	17 10h30 Belly Danse Cardio 12h30 Protection ostéoarticulaire	18 9h Paddle (1h) 10h Tennis 10h45 Circuit outdoor 11h30 Yoga by Alizée	19 9h Sortie Deeptime (4h) 10h15 Twenty 11h Stretching
20 9h Paddle (1h) 10h30 Ballet aquatique 12h30 Twenty (30 min) 18h30 Yoga	21 10h30 Inshape Barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym by Kyra	22 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h Cocktail des membres au Café Lauren 18h30 Workshop self defense by Mathieu (1h)	23 10h30 Workshop Powersculpt by Stephanie (1h) 12h30 Aquagym 18h Tennis Lady 18h30 Cardio boxe Lady (30min) 19h Cardio boxe men	24 10h30 Belly Danse Cardio 12h30 Protection ostéoarticulaire	25 9h Paddle (1h) 10h Tennis 10h45 Circuit outdoor by Kyra 11h30 Yoga	26 10h15 Twenty 11h Stretching
27 9h Paddle (1h) 10h30 Ballet aquatique 12h30 Twenty (30 min) 18h30 Yoga by Alizée	28 10h30 Inshape Barre 11h Aquagym 12h30 Gymnastique posturale 18h30 Wellness Gym by Kyra	29 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra	30 10h30 Pilates 12h30 Aquagym 18h30 Cardio boxe Lady (30min) 19h Cardio boxe men			