

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 10.15am Twenty by Mathieu 11am Stretching
2 10.30am Water ballet 6.30pm Yoga	3 10.30am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	4 10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6.30pm HIIT	5 10.30am Pilates 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 7pm Cardio boxe Men (30 min)	6 10.30am Belly dance cardio 12.30pm Protecting your bones and joints	7 10am Tennis 11am Impulse gym 11.30am Yoga by Alizée	8 10.15am Twenty 11am Stretching
9 10.30am Water ballet 6.30pm Yoga	10 10.30am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	11 10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6.30pm HIIT	12 10.30am Pilates 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 7pm Cardio boxe Men (30 min)	13 10.30am Belly dance cardio 12.30pm Protecting your bones and joints	14 4h Sunrise trekking 10am Tennis 10am45 Impulse Body 11.30am Yoga	15 10.15am Twenty 11am Stretching
16 10.30am Water ballet 6.30pm Yoga	17 10.30am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	18 10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6.30pm HIIT	19 10.30am Pilates 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 7pm Cardio boxe Men (30 min)	20 10.30am Belly dance cardio 12.30pm Protecting your bones and joints	21 10am Tennis 10am45 Impulse Body by Kyra 11.30am Yoga by Alizée	22 10.15am Twenty 11am Stretching by Martin
23 10.30am Water ballet 6.30pm Yoga	24 10.30am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	25 10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra	26 10.30am Pilates 6pm Tennis Lady 6.30pm Stretching by Nathalie (45min)	27 10.30am Workshop Powersculpt by Stéphanie 12.30pm Protecting your bones and joints	28 10am Tennis 10am45 Impulse Body by Anne 11.30am Yoga	29 10.15am Inshape barre cardio by Kyra 11am Stretching
30 10.30am Water ballet 6.30pm Yoga	31 10.30am Aquagym 10.30am Inshape barre 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym					

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		1	2	3	4	5
		10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6.30pm HIIT	10.30am Pilates 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 19am Cardio boxe men	12.30pm Protecting your bones and joints	9am Paddle (1h) 10am Tennis 10.45am Circuit outdoor 11.30am Yoga	10.15am Twenty by Mathieu 11am Stretching
6	7	8	9	10	11	12
9am Paddle (1h) 10.30am Water ballet 12.30pm Twenty (30 min) 6.30pm Yoga by Alizée	10.30am Inshape Barre 11am Aquagym 12.30pm Postural gymnastics 6pm Tennis Men 6.30pm Wellness Gym by Kyra	10.30am Hypnotherapy by Caroline 10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra	10.30am Pilates 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 19am Cardio boxe men	10.30am Belly Danse Cardio 12.30pm Protecting your bones and joints	9am Paddle (1h) 10am Tennis 10.45am Circuit outdoor by Kyra 11.30am Yoga	10.15am Twenty 11am Stretching
13	14	15	16	17	18	19
9am Paddle (1h) 10.30am Water ballet 12.30pm Twenty (30 min) 6.30pm Yoga	10.30am Inshape Barre 11am Aquagym 6pm Tennis Men 6.30pm Wellness Gym by Kyra	10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6.30pm HIIT	10.30am Workshop Powersculpt by Stephanie (1h) 12.30pm Aquagym 6pm Tennis Lady 6pm Invitation to discover the Reset Cure - Clinique Nescens 6.30pm Cardio boxe Lady (30min)	10.30am Belly Danse Cardio 12.30pm Protecting your bones and joints	9am Paddle (1h) 10am Tennis 10.45am Circuit outdoor 11.30am Yoga by Alizée	9am Deeptime (4h) 10.15am Twenty 11am Stretching
20	21	22	23	24	25	26
9am Paddle (1h) 10.30am Water ballet 12.30pm Twenty (30 min) 6.30pm Yoga	10.30am Inshape Barre 11am Aquagym 12.30pm Postural gymnastics 6pm Tennis Men 6.30pm Wellness Gym by Kyra	10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra 6pm Cocktail des membres at the Café Lauren 6.30pm Workshop self defense by Mathieu (1h)	10.30am Workshop Powersculpt by Stephanie (1h) 12.30pm Aquagym 6pm Tennis Lady 6.30pm Cardio boxe Lady (30min) 19am Cardio boxe men	10.30am Belly Danse Cardio 12.30pm Protecting your bones and joints	9am Paddle (1h) 10am Tennis 10.45am Circuit outdoor by Kyra 11.30am Yoga	10.15am Twenty 11am Stretching
27	28	29	30			
9am Paddle (1h) 10.30am Water ballet 12.30pm Twenty (30 min) 6.30pm Yoga by Alizée	10.30am Inshape Barre 11am Aquagym 12.30pm Postural gymnastics 6.30pm Wellness Gym by Kyra	10.30am Yoga by Nadine 12.30pm Pilates shape by Kyra	10.30am Pilates 12.30pm Aquagym 6.30pm Cardio boxe Lady (30min) 19am Cardio boxe men			