

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				10h30 Belly Danse Cardio <b>1</b>	9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga <b>2</b>	10h15 Twenty 11h Stretching by Martin <b>3</b>
9h Paddle 12h30 Twenty 18h30 Yoga by Alizée <b>4</b>	11h Aquagym* 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym by Martin <b>5</b>	10h30 Ballet aquatique* 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Active stretching <b>6</b>	Workshop Full Moon by Nadine <b>7</b> 10h30 Pilates 12h30 Aquagym* 18h Tennis Lady 18h30 Wellness Gym by Martin - 45min	10h30 Belly Danse Cardio <b>8</b>	9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga <b>9</b>	10h15 Workshop Trampoline by Martin 11h Stretching <b>10</b>
9h Paddle 10h30 Ballet aquatique* 12h30 Twenty 18h30 Yoga by Alizée <b>11</b>	11h Aquagym* 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis homme 18h30 Wellness Gym <b>12</b>	10h30 Ballet aquatique* 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT <b>13</b>	10h30 Pilates 12h30 Aquagym* 18h Tennis Lady 18h30 Cardio boxe Lady - 30min 19h Cardio boxe Men - 30min <b>14</b>	10h30 Aquagym* <b>15</b>	9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga by Kyra <b>16</b>	10h15 Twenty by Mathieu 11h Stretching <b>17</b>
9h Paddle 10h30 Ballet aquatique* 12h30 Twenty 18h30 Yoga by Nadine <b>18</b>	11h Aquagym* 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis homme 18h30 Wellness Gym <b>19</b>	10h30 Ballet aquatique* 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT <b>20</b>	10h30 Pilates 12h30 Aquagym* 18h Tennis Lady 18h30 Cardio boxe Lady - 30min 19h Cardio boxe Men - 30min <b>21</b>	10h30 Aquagym* <b>22</b>	9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga by Kyra <b>23</b>	10h15 Twenty 11h Stretching <b>24</b>
9h Paddle 10h30 Ballet aquatique* 12h30 Twenty 18h30 Yoga by Nadine <b>25</b>	11h Aquagym* 10h30 Inshape barre 18h Tennis homme 18h30 Wellness Gym <b>26</b>	10h30 Ballet aquatique* 10h30 Yoga by Nadine 12h30 Pilates shape by Kyra 18h30 HIIT <b>27</b>	10h30 Pilates 12h30 Aquagym* 18h Tennis Lady 18h30 Cardio boxe Lady - 30min 19h Cardio boxe Men - 30min <b>28</b>	10h30 Powersculpt by Stephanie <b>29</b>	9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga <b>30</b>	10h15 Twenty 11h Stretching by Martin <b>31</b>

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<b>1</b> 9h Paddle 10h30 Ballet aquatique 12h30 Twenty 18h30 Yoga by Alizée	<b>2</b> 10h30 Inshape barre 11h Aquagym 18h Tennis Homme 18h30 Wellness Gym	<b>3</b> 10h30 Ballet aquatique 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Stretching by Anne	<b>4</b> 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Wellness gym by Martin (45min)	<b>5</b> 10h30 Yoga by Nadine	<b>6</b> 9h Paddle 10h Tennis 10h45 Circuit outdoor by Kyra 11h30 Yoga	<b>7</b> 10h15 Twenty 11h Stretching by Martin
<b>8</b> 9h Paddle 10h30 Ballet aquatique 12h30 Twenty 18h30 Yoga	<b>9</b> 10h30 Inshape barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	<b>10</b> 10h30 Ballet aquatique 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Stretching by Nathalie	<b>11</b> 10h30 Pilates 12h30 Aquagym 18h Tennis Lady 18h30 Wellness gym by Martin (45min)	<b>12</b> 10h30 Belly dance cardio	<b>13</b> <b>8h Challenge Paddle traversée du lac (2h)</b> 10h Tennis 10h45 Circuit outdoor 11h30 Yoga by Kyra	<b>14</b> 10h15 Twenty 11h Stretching
<b>15</b> 9h Paddle 10h30 Ballet aquatique 12h30 Twenty 18h30 Yoga	<b>16</b> 10h30 Inshape barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	<b>17</b> 10h30 Yoga 12h30 Pilates by Nathalie 18h30 Workshop self defense by Mathieu	<b>18</b> 10h30 Pilates 12h30 Aquagym by Mathieu 18h Tennis Lady 18h30 Cardio boxe Men (30min) 19h Cardio boxe Lady (30min)	<b>19</b> 10h30 Belly dance cardio	<b>20</b> 9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga	<b>21</b> 10h15 Twenty by Mathieu 11h Stretching
<b>22</b> 9h Paddle 10h30 Ballet aquatique 18h30 Yoga	<b>23</b> 10h30 Inshape barre 11h Aquagym by Anne 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym by Julien	<b>24</b> 10h30 Aquagym by Mathieu 12h30 Pilates by Nathalie 18h30 Self defense	<b>25</b> 10h30 Pilates 12h30 Aquagym by Mathieu 18h Tennis Lady 18h30 Cardio boxe Men (30min) 19h Cardio boxe Lady (30min)	<b>26</b> 10h30 Belly dance cardio	<b>27</b> 9h Paddle 10h Tennis 10h45 Circuit outdoor 11h30 Yoga	<b>28</b> 10h15 Twenty 11h Stretching
<b>29</b> 9h Paddle 10h30 Ballet aquatique 12h30 Twenty 18h30 Yoga	<b>30</b> 10h30 Inshape barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Homme 18h30 Wellness Gym	<b>31</b> 10h30 Ballet aquatique 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 HIIT				