

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<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				

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
			<b>1</b> 10h30 Pilates 18h Tennis Groupe Mixte adultes 18h30 Cardio boxe - 45 min	<b>2</b> Evènement Tennis Martina Higinis 10h30 Belly Cardio Danse 12h30 Breath Stretching by Anne	<b>3</b> Evènement Tennis Martina Higinis 10h Tennis Groupe Mixte adultes 10h45 Circuit training 11h30 Yoga	<b>4</b> 10h15 Twenty 11h Stretching
<b>5</b> 10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga	<b>6</b> 10h30 Inshape barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Groupe Mixte adultes 18h30 Athletic by Martin - 30 min 19h Stretching - 30 min	<b>7</b> 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash Body Weight by Mathieu	<b>8</b> 10h30 Pilates 18h Tennis Groupe Mixte adultes 18h30 Cardio boxe - 45 min	<b>9</b> 10h30 Belly Cardio Danse 12h30 Breath Stretching by Anne	<b>10</b> 10h Tennis Groupe Mixte adultes 10h45 Circuit training by Kyra 11h30 Yoga	<b>11</b> 10h15 Twenty 11h Stretching by Martin
<b>12</b> 10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga	<b>13</b> 10h30 Inshape barre 11h Aquagym 12h30 Gymnastique posturale 18h Tennis Groupe Mixte adultes 18h30 Athletic by Martin - 30 min 19h Stretching - 30 min	<b>14</b> 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash Body Weight by Mathieu	<b>15</b> 10h30 Pilates 18h Tennis Groupe Mixte adultes 18h30 Cardio boxe - 45 min	<b>16</b> 10h30 Belly Cardio Danse	<b>17</b> 10h Tennis Groupe Mixte adultes 10h45 Circuit training 11h30 Yoga	<b>18</b> 10h15 Twenty by Mathieu 11h Stretching by Anne
<b>19</b> 10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga	<b>20</b> 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis Groupe Mixte adultes 18h30 Wellness Gym by Kyra - 30 min 19h Active Stretching by Kyra - 30 min	<b>21</b> 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash Body Weight by Mathieu	<b>22</b> 10h30 Pilates 18h Tennis Groupe Mixte adultes 18h30 Cardio boxe - 45 min	<b>23</b> Workshop trekking Brame du cerf de 17h15 à 22h15 10h30 Belly Cardio Danse 12h30 Breath Stretching by Anne	<b>24</b> 10h Tennis Groupe Mixte adultes 10h45 Circuit training 11h30 Yoga	<b>25</b> 10h15 Twenty by Mathieu 11h Stretching
<b>26</b> 10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running Challenge - 10km 18h30 Yoga	<b>27</b> 10h30 Inshape barre 11h Aquagym by Anne 12h30 Gymnastique posturale 18h Tennis Groupe Mixte adultes 18h30 Wellness Gym by Kyra - 30 min 19h Active Stretching by Kyra - 30 min	<b>28</b> 10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash Body Weight by Mathieu	<b>29</b> 10h30 Pilates 18h Tennis Groupe Mixte adultes 18h30 Cardio boxe - 45 min	<b>30</b> 10h30 Belly Cardio Danse 12h30 Breath Stretching by Anne		