

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	1	2	3	4	5	6
	11h Aquagym by Anna 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Wellness Gym by Kyra - 30min 19h Stretching by Kyra - 30min	10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash body weight by Mathieu	10h30 Pilates 18h Tennis Mixte 18h30 Cardio boxe - 30 min	10h30 Aquagym by Anna 12h30 Breath stretching by Anne	10h Tennis payant - limité à 4 personnes 10h45 Circuit training 11h30 Yoga	10h15 Twenty by Mathieu 11h Stretching
7	8	9	10	11	12	13
10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga	11h Aquagym by Anna 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic - 30min 19h30 Stretching - 30min	10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash body weight by Mathieu	10h30 Pilates 18h Tennis Mixte 18h30 Cardio boxe by Sebastien - 30 min	10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Breath stretching by Anne	10h Tennis payant - limité à 4 personnes 10h45 Circuit training 11h30 Yoga	10h15 Twenty 11h Stretching
14	15	16	17	18	19	20
10h30 Power Sculpt 12h30 Twenty 17h30 Running 18h30 Yoga	11h Aquagym by Anna 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic - 30min 19h30 Stretching - 30min	10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash body weight by Mathieu	9h Workshop Shapes in Motion by Laure Dary - 1h30 18h Tennis Mixte 18h30 Cardio boxe - 30 min	10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Breath stretching by Anne	9h Workshop Trekking «Rut du chamois» - 5h 10h Tennis payant - limité à 4 personnes 10h45 Circuit training by Mathieu 11h30 Yoga	10h15 Twenty 11h Stretching by Martin
21	22	23	24	25	26	27
10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga	11h Aquagym by Anna 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic - 30min 19h30 Stretching - 30min	10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash body weight by Mathieu	10h30 Pilates 18h Tennis Mixte 18h30 Cardio box - 30 min	10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Workshop gymnastics by Anna	10h Tennis payant - limité à 4 personnes 10h45 Circuit training 11h30 Yoga by Kyra	10h15 Twenty 11h Stretching
28	29	30				
10h30 Power Sculpt 10h30 Ballet aquatique 12h30 Twenty 17h30 Running 18h30 Yoga Mobilité by Stéphanie	11h Aquagym by Anna 10h30 Inshape barre 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic - 30min 19h30 Stretching - 30min	10h30 Yoga 12h30 Pilates shape by Kyra 18h30 Flash body weight by Mathieu				