

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
						<b>1</b>
<b>2</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	<b>3</b> 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	<b>4</b> 10h30 Yoga 12h30 Pilates by Nadine	<b>5</b> 10h30 Pilates 18h Tennis Mixte 18h30 Fit boxe by Sébastien	<b>6</b> 10h30 Belly dance cardio 12h30 Breath stretching by Anne	<b>7</b> 10h Tennis payant (max 4 pers.) 10h45 Circuit training 11h30 Yoga	<b>8</b> 10h15 Twenty 11h Stretching
<b>9</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	<b>10</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	<b>11</b> 10h30 Yoga 11h30 Hypnose by Caroline Rigeault 12h30 Pilates by Nadine 18h30 Hypnose	<b>12</b> 10h30 Pilates 18h Tennis Mixte 18h30 Aqua boxing by Sébastien	<b>13</b> 10h30 Belly dance cardio 10h30 Aquagym by Anna 12h30 Breath stretching by Anne	<b>14</b> 10h Tennis payant (max 4 pers.) 10h45 Circuit training 11h30 Yoga	<b>15</b> 10h15 Twenty 11h Stretching
<b>16</b> 10h30 Power Sculpt 12h30 Twenty 18h Fitennis by Marie-Lou & Julien 18h30 Yoga	<b>17</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	<b>18</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 Gymstick by Anna	<b>19</b> 10h30 Pilates 18h Tennis Mixte 18h30 Fit boxe by Sébastien	<b>20</b> 10h30 Belly dance cardio 10h30 Aquagym by Anna 12h30 Breath stretching by Anne	<b>21</b> 9h Workshop randonnée raquette - 5h 10h Tennis payant (max 4 pers.) 10h45 Circuit training 11h30 Yoga by Caroline	<b>22</b> 10h15 Twenty 11h Stretching by Anne 12h Fitennis by Hugo & Martin
<b>23</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	<b>24</b> 10h30 Workshop Bodyart by Carole Palmas 10h30 Aquagym 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	<b>25</b> 10h30 Yoga 12h30 Pilates by Nadine	<b>26</b> 8h Sophrologie 10h30 Pilates 18h Tennis Mixte 18h30 Aqua boxing by Sébastien	<b>27</b> 10h30 Belly dance cardio 10h30 Aquagym by Anna 12h30 Breath stretching by Anne	<b>28</b> 10h Tennis payant (max 4 pers.) 10h45 Circuit training 11h30 Yoga	<b>29</b> 10h15 Twenty 11h Stretching 12h Fitennis by Hugo & Martin
<b>30</b> 10h30 Power Sculpt 12h30 Twenty 18h Fitennis by Marie-Lou & Julien 18h30 Yoga by Caroline	<b>31</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min					