

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		<b>1</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 HIIT by Carole - 30 min	<b>2</b> 10h30 Pilates 12h30 Mouv'dance by Carole 18h Tennis Mixte 18h30 Bodyart by Carole	<b>3</b> 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	<b>4</b> 9h Workshop Raquettes - Indices animaliers dans le Jura - 5h 10h Tennis payant - max 4 pers 10h30 Tennis payant avec Martina Higinis - 30 min 10h45 Circuit training 11h30 Yoga 14h Tennis payant avec Martina Higinis - 30 min	<b>5</b> 10h15 Twenty 10h30 Tennis payant avec Martina Higinis - 30 min 11h Stretching by Carole 14h Tennis payant avec Martina Higinis - 30 min
<b>6</b> 10h30 Power Sculpt 12h30 Twenty 18h Fitennis Marie-lou & Julien 18h30 Yoga	<b>7</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min 18h Workshop raquettes et fondue par pleine lune	<b>8</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 HIIT by Carole - 30 min	<b>9</b> 10h30 Pilates 12h30 Mouv'dance by Carole 18h Tennis Mixte 18h30 Bodyart by Carole	<b>10</b> 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	<b>11</b> 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga	<b>12</b> 10h15 Twenty 11h Stretching by Carole
<b>13</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga by Caroline	<b>14</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	<b>15</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 HIIT by Carole - 30 min	<b>16</b> 10h30 Pilates 12h30 Mouv'dance by Carole 18h Tennis Mixte 18h30 Bodyart by Carole	<b>17</b> 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	<b>18</b> 10h Hypnose by Caroline 45 min 10h Tennis payant - max 4 pers 10h45 Circuit training 15h Hypnose by Caroline 45 min	<b>19</b> 10h15 Twenty 11h Stretching by Carole
<b>20</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	<b>21</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	<b>22</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 HIIT by Carole - 30 min	<b>23</b> 10h30 Pilates 12h30 Mouv'dance by Carole 18h Tennis Mixte 18h30 Bodyart by Carole	<b>24</b> 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	<b>25</b> 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga 12h Fitennis Julien & Baptiste	<b>26</b> 10h15 Twenty 11h Stretching by Carole
<b>27</b> 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	<b>28</b> 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	<b>29</b> 10h30 Yoga 12h30 Pilates by Nadine 18h30 HIIT by Carole - 30 min	<b>30</b> 10h30 Pilates 12h30 Mouv'dance by Carole 18h Tennis Mixte 18h30 Bodyart by Carole	<b>31</b> 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien		