

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
1 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	2 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h30 Stretching (30min)	3 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers flash	4 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	5 10h30 Belly Cardio Danse 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	6 5h Workshop trekking Levé du soleil (4h) 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor 11h30 Yoga	7 10h15 Abdos fessiers flash by Anne 11h Stretching by Carole
8 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	9 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Stretching by Anne (45min)	10 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers flash	11 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	12 10h30 Belly Cardio Danse 10h30 Aquagym by Anna	13 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor 11h30 Yoga	14 11h Stretching by Carole
15 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	16 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h30 Stretching (30min)	17 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers flash	18 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body Sculpt	19 10h30 Belly Cardio Danse 10h30 Aquagym 12h30 Protection osteo articulaire by Sébastien	20 10h Boxing Masterclass by Rim Ridane 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor 11h30 Yoga	21 10h Boxing Masterclass by Rim Ridane 10h15 Twenty 11h Stretching by Carole
22 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	23 10h30 Aquagym by Anna 18h Tennis mixte 18h30 Athletic (30min) 19h30 Stretching (30min)	24 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers flash	25 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body Sculpt	26 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	27 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor 11h30 Yoga by Caroline	28 10h15 Twenty 11h Stretching by Carole
29 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga by Nadine	30 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h30 Stretching (30min)	31 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers flash				