

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				1 10h30 Belly Danse Cardio 12h30 Protection osteo articulaire by Sébastien	2 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	3 10h15 Twenty 11h Stretching
4 10h30 Power sculpt 11h30 Aquabike by Anne (max 3 personnes) 12h30 Twenty 18h30 Yoga	5 10h30 xxx by Steph 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	6 10h30 Yoga 12h30 Barre Pilates by Nadine 18h Course à pied by Julien 18h15 Abdos fessiers	7 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	8 10h30 Belly Danse Cardio 12h30 Protection osteo articulaire by Sébastien	9 10h Tennis (payant) max 4 personnes 10h45 Circuit training by Anne 11h30 Yoga	10 10h15 Twenty 11h Stretching
11 10h30 Power sculpt 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga	12 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	13 10h30 Yoga 12h30 Barre Pilates by Nadine 18h Course à pied by Julien 18h15 Abdos fessiers	14 10h30 Pilates by Nadine 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	15 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien 18h30 Masterclass Yin Yoga (1h)	16 10h Masterclass Yoga Tao Flow (1h) 10h Tennis (payant) max 4 personnes 10h45 Circuit training	17 10h Masterclass Yoga Tao Flow (1h) 10h15 Twenty 11h Stretching
18 10h30 Power sculpt 11h30 Aquabike by Anne (max 3 personnes) 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga	19 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	20 10h30 Yoga 12h30 Barre Pilates by Nadine 18h Course à pied by Julien 18h15 Abdos fessiers	21 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt 18h45 Masterclass «Le Qigong du sommeil»	22 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	23 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	24 10h15 Twenty 11h Stretching
25 10h30 Power sculpt 11h30 Aquabike by Anne (max 3 personnes) 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga	26 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	27 10h30 Yoga 12h30 Barre Pilates by Nadine 18h Course à pied by Julien 18h15 Abdos fessiers	28 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	29 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	30 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	