

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b> 10.15am Twenty 11am Stretching
<b>2</b> 10.30am Power Sculpt 11.30am Aquabike by Anne - 30min 12.30pm Twenty 6pm Running by Julien 6.30pm Yoga by Caroline	<b>3</b> 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis Mix 6.30pm Athletic - 30min 7pm Stretching - 30 min	<b>4</b> 7h Running by Julien 10.30am Yoga 12.30pm Pilates by Nadine 6.15pm ABS - 30min	<b>5</b> 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	<b>6</b> 10.30am Belly dance cardio 12.30pm Osteoarticular protection by Sébastien	<b>7</b> 10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga	<b>8</b> 10.15am Twenty 11am Stretching
<b>9</b> 10.30am Power Sculpt 11.30am Aquabike by Anne - 30min 12.30pm Twenty 6pm Running by Julien 6.30pm Yoga	<b>10</b> 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis Mix 6.30pm Athletic - 30min 7pm Stretching - 30 min	<b>11</b> 7h Running by Julien 10.30am Yoga 12.30pm Pilates by Nadine 6.15pm ABS - 30min	<b>12</b> 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	<b>13</b> 10.30am Belly dance cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	<b>14</b> 10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga	<b>15</b> 10.15am Twenty 11am Stretching
<b>16</b> 10.30am Power Sculpt 11.30am Aquabike by Anne - 30min 12.30pm Twenty 6pm Running by Julien 6.30pm Yoga	<b>17</b> 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis Mix 6.30pm Athletic - 30min 7pm Stretching - 30 min	<b>18</b> 7h Running by Julien 10.30am Yoga 12.30pm Pilates by Nadine 6.15pm ABS - 30min	<b>19</b> 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	<b>20</b> 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	<b>21</b> 10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga	<b>22</b> 10.15am Twenty 11am Stretching by Martin
<b>23</b> 10.30am Bodyworkout by Anya 11.30am Aquabike by Anne - 30min 12.30pm Twenty 6.30pm Yoga	<b>24</b> 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis Mix 6.30pm Athletic - 30min 7pm Stretching - 30 min	<b>25</b> 10.30am Yoga 12.30pm Pilates by Nadine	<b>26</b> 10.30am Stretching by Martin 6pm Tennis Mix 6.30pm HIIT by Anya	<b>27</b> 10.30am Aquagym by Anna	<b>28</b> 10am Tennis for a fee (limited to 4 people) 10.45am ABS by Anne 11.30am Yoga	<b>29</b> 11am Stretching
<b>30</b> 10.30am Bodyworkout by Anya 11.30am Aquabike by Anne - 30min 6.30pm Yoga	<b>31</b> 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis Mix 6.30pm Circuit training by Julien					