

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
						1 10h15 Twenty 11h Stretching
2 10h30 Power Sculpt 11h30 Aquabike by Anne - 30min 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga by Caroline	3 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	4 7h Course à pied by Julien 10h30 Yoga 12h30 Pilates by Nadine 18h15 Abdos fessiers - 30min	5 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	6 10h30 Belly Danse Cardio 12h30 Protection osteo articulaire by Sébastien	7 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	8 10h15 Twenty 11h Stretching
9 10h30 Power Sculpt 11h30 Aquabike by Anne - 30min 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga	10 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	11 7h Course à pied by Julien 10h30 Yoga 12h30 Pilates by Nadine 18h15 Abdos fessiers - 30min	12 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	13 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	14 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	15 10h15 Twenty 11h Stretching
16 10h30 Power Sculpt 11h30 Aquabike by Anne - 30min 12h30 Twenty 18h Course à pied by Julien 18h30 Yoga	17 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	18 7h Course à pied by Julien 10h30 Yoga 12h30 Pilates by Nadine 18h15 Abdos fessiers - 30min	19 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	20 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	21 10h Tennis (payant) max 4 personnes 10h45 Circuit training 11h30 Yoga	22 10h15 Twenty 11h Stretching by Martin
23 10h30 Bodyworkout by Anya 11h30 Aquabike by Anne - 30min 12h30 Twenty 18h30 Yoga	24 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30min 19h Stretching - 30 min	25 10h30 Yoga 12h30 Pilates by Nadine	26 10h30 Stretching by Martin 18h Tennis Mixte 18h30 HIIT by Anya	27 10h30 Aquagym by Anna	28 10h Tennis (payant) max 4 personnes 10h45 Abdos fessiers by Anne 11h30 Yoga	29 11h Stretching
30 10h30 Bodyworkout by Anya 11h30 Aquabike by Anne - 30min 18h30 Yoga	31 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Circuit training by Julien					