

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		1 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	2 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	3 10h30 Belly Danse Cardio 10h30 Aquagym by Anna	4 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga	5 11h Stretching
6 10h30 Power Sculpt 12h30 Aquabike by Anne 18h30 Yoga by Caroline	7 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	8 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	9 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	10 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	11 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga	12 10h Masterclass Boxe by Rim Ridane - 1h 10h15 Twenty 11h Stretching by Martin
13 10h30 Power Sculpt 12h30 Aquabike by Anne 18h30 Yoga by Caroline	14 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	15 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	16 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	17 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien 18h30 Masterclass Pilatesflow by Karina - 1h	18 10h Masterclass Pilatesflow by Karina - 1h 10h Tennis payant - max 4 pers 10h45 Circuit training by Anne 11h30 Yoga	19 10h15 Twenty 11h Masterclass Mobilityflow by Karina - 1h
20 10h30 Power Sculpt 12h30 Aquabike by Anne 18h30 Yoga by Caroline	21 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	22 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	23 10h Masterclass Swim & Run by Bertrand Billard & Glen Mary - 1h 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	24 10h Masterclass Bike & Run by Bertrand Billard & Glen Mary - 1h 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	25 10h Tennis payant - max 4 pers 10h30 Masterclass Triathlon by Bertrand Billard & Glen Mary - 1h30 11h30 Yoga by Caroline	26 10h15 Twenty 11h Stretching by Martin
27 10h30 Power Sculpt 12h30 Aquabike by Anne 18h30 Yoga by Caroline	28 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	29 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	30 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt			