

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				1 10h30 Belly Danse Cardio 10h30 Aquagym by Anna	2 9h Sortie Raquette - 5h30 10h Masterclass Breathwork by Nana 10h Tennis payant - max 4 pers 10h45 Circuit training by Anya 11h30 Yoga	3 9h Magie hivernale & indices animaliers - 4h 10h Masterclass Breathwork by Nana 10h15 Twenty 11h Stretching
4 10h30 Power Sculpt 11h30 Aquabike by Anne 18h30 Yoga by Caroline	5 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	6 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	7 10h30 Circuit training by Anya 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	8 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	9 10h Tennis payant - max 4 pers 10h45 Abdos fessiers by Anne 11h30 Yoga	10 10h15 Twenty 11h Stretching
11 10h30 Power Sculpt 11h30 Aquabike by Anne 18h30 Yoga by Caroline	12 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	13 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	14 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	15 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	16 10h Tennis payant - max 4 pers 10h45 Circuit training	17 10h15 Twenty 11h Stretching
18 10h30 Power Sculpt 11h30 Aquabike by Anne 18h30 Yoga by Caroline	19 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Athletic - 30 min 19h Stretching - 30 min	20 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	21 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	22 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	23 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga	24
25	26 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis Mixte 18h30 Circuit training by Anya - 30 min	27 10h30 Yoga 12h30 Barre Pilates by Nadine 18h15 Abdos Fessiers - 30 min	28 10h30 Circuit training by Anya 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Bodysculpt	29 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	30 10h Tennis payant - max 4 pers 10h45 Circuit training 11h30 Yoga	31