	Ν	Monday			Tuesday	,	Wednesday		Thursday -		Friday -		Saturday		Sunday	
						10.30am 12.30pm 6.15pm	1 Yoga Barre Pilates by Nadine ABS	10.30am 12.30pm 6pm 6.30pm	2 Pilates Mobility flow by Carole Tennis Mixte Bodysculpt	10.30am 10.30am 12.30pm 6pm	3 Belly Danse Cardio Aquagym by Anna Osteoarticular protec- tion by Sébastien Dance fitness by Carole	10am 10.45am 11.30am	4 Tennis for a fee (limited to 4 people) Circuit training Yoga by Caroline	10.15am 11am	Twenty Stretching	5
	30pm A	ower Sculpt quabike by Anne loga	6	10.30am 10.30am 12.30pm 6pm 6.30pm 7pm	7 Boldstep by Emma Aquagym by Anna Gymnastique posturale Tennis Mixte Athletic Stretching	10.30am 12.30pm 6.15pm	8 Yoga Barre Pilates by Nadine ABS	10.30am 12.30pm 6pm	9 Bodyworkout by Anya Mobility flow by Carole Tennis Mixte	10.30am 10.30am 12.30pm 6pm	10 Belly Danse Cardio Aquagym by Anna Osteoarticular protec- tion by Sébastien Dance fitness by Carole	10am 10.45am 11.30am	Tennis for a fee (limited to 4 people) Circuit training by Anya Yoga	10.15am 11am	Twenty Stretching	12
	30pm A	ower Sculpt Quabike by Anne oga by Caroline	13	10.30am 10.30am 12.30pm 6pm 6.30pm 7pm	14 Boldstep by Emma Aquagym by Anna Gymnastique posturale Tennis Mixte Athletic Stretching	10.30am 12.30pm 6.15pm	15 Yoga Barre Pilates by Nadine ABS by Anya	10.30am 12.30pm 6pm 6.30pm	16 Pilates Mobility flow by Carole Tennis Mixte Bodysculpt	10.30am 10.30am 12.30pm 6pm	17 Belly Danse Cardio Aquagym by Anna Osteoarticular protec- tion by Sébastien Dance fitness by Carole	10am 10.45am 11.30am	Tennis for a fee (limited to 4 people) Circuit training Yoga	10.15am 11am	Twenty Stretching	19
	30pm A	Yower Sculpt Iquabike by Anne Yoga by Caroline	20	10.30am 10.30am 6pm 6.30pm 7pm	21 Boldstep by Emma Aquagym by Anna Tennis Mixte Athletic Stretching	10.30am 12.30pm 6.15pm	22 Yoga Barre Pilates by Nadine ABS	10.30am 12.30pm 6pm 6.30pm	23 Pilates Mobility flow by Carole Tennis Mixte Bodysculpt	10.30am 10.30am 12.30pm 6pm	24 Belly Danse Cardio Aquagym by Anna Osteoarticular protec- tion by Sébastien Dance fitness by Carole	10am 10.45am 11.30am	25 Tennis for a fee (limited to 4 people) Circuit training Yoga	10.15am 11am	Twenty Stretching	26
12.3	30pm A	Power Sculpt Iquabike by Anne Yoga by Caroline	27		28 Boldstep by Emma Aquagym by Anna Gymnastique posturale Tennis Mixte Athletic Stretching		Barre Pilates by Nadine	10.30am 12.30pm 6pm 6.30pm		10.30am	31 Belly Danse Cardio Aquagym by Anna Osteoarticular protec- tion by Sébastien Dance fitness by Carole					

SPA

Intensity level: Adapted to the group Duration: Between 45 and 60 minutes - Ladies Cardio Boxing and Gentlemen Cardio Boxing: 30 minutes