

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		10.30am Yoga 12.30pm Barre Pilates by Nadine 6.15pm ABS	10.30am Pilates 12.30pm Mobility flow by Carole 6pm Tennis Mixte 6.30pm Bodysculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien 6pm Dance fitness by Carole	10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga by Caroline	10.15am Twenty 11am Stretching
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10.30am Power Sculpt 12.30pm Aquabike by Anne 6.30pm Yoga	10.30am Boldstep by Emma 10.30am Aquagym by Anna 12.30pm Gymnastique posturale 6pm Tennis Mixte 6.30pm Athletic 7pm Stretching	10.30am Yoga 12.30pm Barre Pilates by Nadine 6.15pm ABS	10.30am Bodyworkout by Anya 12.30pm Mobility flow by Carole 6pm Tennis Mixte	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien 6pm Dance fitness by Carole	10am Tennis for a fee (limited to 4 people) 10.45am Circuit training by Anya 11.30am Yoga	10.15am Twenty 11am Stretching
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10.30am Power Sculpt 12.30pm Aquabike by Anne 6.30pm Yoga by Caroline	10.30am Boldstep by Emma 10.30am Aquagym by Anna 12.30pm Gymnastique posturale 6pm Tennis Mixte 6.30pm Athletic 7pm Stretching	10.30am Yoga 12.30pm Barre Pilates by Nadine 6.15pm ABS by Anya	10.30am Pilates 12.30pm Mobility flow by Carole 6pm Tennis Mixte 6.30pm Bodysculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien 6pm Dance fitness by Carole	10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga	10.15am Twenty 11am Stretching
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10.30am Power Sculpt 12.30pm Aquabike by Anne 6.30pm Yoga by Caroline	10.30am Boldstep by Emma 10.30am Aquagym by Anna 6pm Tennis Mixte 6.30pm Athletic 7pm Stretching	10.30am Yoga 12.30pm Barre Pilates by Nadine 6.15pm ABS	10.30am Pilates 12.30pm Mobility flow by Carole 6pm Tennis Mixte 6.30pm Bodysculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien 6pm Dance fitness by Carole	10am Tennis for a fee (limited to 4 people) 10.45am Circuit training 11.30am Yoga	10.15am Twenty 11am Stretching
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
10.30am Power Sculpt 12.30pm Aquabike by Anne 6.30pm Yoga by Caroline	10.30am Boldstep by Emma 10.30am Aquagym by Anna 12.30pm Gymnastique posturale 6pm Tennis Mixte 6.30pm Athletic 7pm Stretching	10.30am Yoga 12.30pm Barre Pilates by Nadine 6.15pm ABS	10.30am Pilates 12.30pm Mobility flow by Carole 6pm Tennis Mixte 6.30pm Bodysculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien 6pm Dance fitness by Carole		