

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	¹ 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	² 10h30 Boldstep by Emma 12h30 Yoga 18h30 Fit Boxe by Bijan	³ 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	⁴ 10h30 Lady style 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	⁵ 10h45 Circuit training 11h30 Yoga	² 10h15 Twenty 11h Stretchflow
⁷ 10h30 Pumping abdos by Bijan 12h30 Aquabike by Anne - 30' 18h30 Yoga	⁸ 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	⁹ 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	¹⁰ 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	¹¹ 10h30 Lady style 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	¹² 10h45 Circuit training 11h30 Yoga	¹³ 10h15 Twenty 11h Stretching by Martin
¹⁴ 10h30 Pumping abdos by Bijan 12h30 Aquabike by Anne - 30' 18h30 Yoga	¹⁵ 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	¹⁶ 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	¹⁷ 10h30 Pilates 12h30 Step by Anya (max 4) 18h30 Barre au sol by Emma	¹⁸ 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	¹⁹ 10h45 Circuit training 11h30 Yoga	²⁰ 10h15 Twenty 11h Stretching by Anne
²¹ 10h30 Pumping abdos by Bijan 12h30 Aquabike by Anne - 30' 18h30 Yoga	²² 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Abdos fessiers by Anya 19h Stretching by Anya	²³ 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	²⁴ 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	²⁵ 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	²⁶ 10h45 Circuit training 11h45 Yoga by Jessica	²⁷ 10h15 Abdos by Bikan 11h Stretchflow
²⁸ 10h30 Pumping abdos by Bijan 12h30 Aquabike by Anne - 30' 18h30 Yoga	²⁹ 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	³⁰ 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	2 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Fit Boxe by Bijan	3 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	4 10.30am Lady style 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	5 10.45am Circuit training 11.30am Yoga	2 10.15am Twenty 11am Stretchflow
7 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Anne - 30' 6.30pm Yoga	8 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	9 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	10 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	11 10.30am Lady style 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	12 10.45am Circuit training 11.30am Yoga	13 10.15am Twenty 11am Stretching by Martin
14 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Anne - 30' 6.30pm Yoga	15 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	16 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	17 10.30am Pilates 12.30pm Step by Anya (max 4) 6.30pm Floor bar by Emma	18 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	19 10.45am Circuit training 11.30am Yoga	20 10.15am Twenty 11am Stretching by Anne
21 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Anne - 30' 6.30pm Yoga	22 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm ABS by Anya 7pm Stretching by Anya	23 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	24 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	25 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	26 10.45am Circuit training 11h45 Yoga by Jessica	27 10.15am ABS by Bikan 11am Stretchflow
28 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Anne - 30' 6.30pm Yoga	29 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	30 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya				