

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
			1 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	2 9h30 Tennis mixte 10h30 Aquagym by Anna	3 10h45 Abdos Fessiers by Anne 11h30 Yoga	4 10h15 Twenty 11h Stretchflow
5 10h30 Pumping abdos by Bijan 12h30 Aquabike by Martin - 30' 18h30 Yoga	6 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	7 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	8 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	9 9h30 Tennis mixte 10h30 Lady style 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	10 10h45 Circuit outdoor 11h30 Yoga	11 10h15 Twenty 11h Stretchflow by Martin - max 4 11h Be Glamourous by Carole (Mix Danse) special fête des mères
12 10h30 Pumping abdos by Bijan 12h30 Aquabike by Martin - 30' 18h30 Yoga by Simone	13 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	14 10h30 Boldstep by Emma 12h30 Yoga by Simone 18h30 Bodyworkout by Anya	15 10h30 Soft Fitness by Anya 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	16 9h30 Tennis mixte 10h30 Lady style 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	17 10h45 Circuit outdoor 11h30 Yoga	18 10h15 Twenty 11h Stretchflow
19 10h30 Pumping abdos by Bijan 12h30 Aquabike by Martin - 30' 18h30 Yoga	20 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching by Anya	21 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	22 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Barre au sol by Emma	23 9h30 Tennis mixte 10h30 Lady style 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	24 10h45 Abdos Fessiers by Anne 11h30 Yoga	25 10h15 Twenty 11h Stretchflow by Carole - max 4 11h Be Glamourous by Satya (Danse avec talons) special fête des mères
26 10h30 Pumping abdos by Bijan 12h30 Aquabike - 30' 18h30 Yoga	27 10h30 Aquagym by Anna 10h30 Danse moderne by Emma 18h Tennis mixte 18h30 Athletic - 30' 19h Stretching - 30'	28 10h30 Boldstep by Emma 12h30 Yoga 18h30 Bodyworkout by Anya	29 10h30 Pilates 12h30 Mobility Flow® by Carole 18h30 Wellness Gym by Anya	30 9h30 Tennis mixte 10h30 Workshop Shakira Flow 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien 18h30 Wellness gym	31 10h45 Circuit outdoor 11h30 Yoga	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	2 9.30am Tennis mixte 10.30am Aquagym by Anna	3 10.45am ABS by Anne 11.30am Yoga	4 10.15am Twenty 11am Stretchflow
5 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Martin - 30' 6.30pm Yoga	6 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	7 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	8 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	9 9.30am Tennis mixte 10.30am Lady style 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	10 10.45am Circuit outdoor 11.30am Yoga	11 10.15am Twenty 11am Stretchflow by Martin - max 4 people 11am Be Glamourous by Carole (Mix Danse) special Mother's
12 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Martin - 30' 6.30pm Yoga by Simone	13 11.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	14 10.30am Boldstep by Emma 12.30pm Yoga by Simone 6.30pm Bodyworkout by Anya	15 10.30am Soft Fitness by Anya 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	16 9.30am Tennis mixte 10.30am Lady style 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	17 10.45am Circuit outdoor 11.30am Yoga	18 10.15am Twenty 11am Stretchflow
19 10.30am Pumping ABS by Bijan 12.30pm Aquabike by Martin - 30' 6.30pm Yoga	20 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	21 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	22 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Floor bar by Emma	23 9.30am Tennis mixte 10.30am Lady style 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien	24 10.45am ABS by Anne 11.30am Yoga	25 10.15am Twenty 11am Stretchflow by Carole - max 4 people 11am Be Glamourous by Satya (dance with heel) special
26 10.30am Pumping ABS by Bijan 12.30pm Aquabike - 30' 6.30pm Yoga	27 10.30am Aquagym by Anna 10.30am Modern dance by Emma 6pm Tennis mix 6.30pm Athletic - 30' 7pm Stretching - 30'	28 10.30am Boldstep by Emma 12.30pm Yoga 6.30pm Bodyworkout by Anya	29 10.30am Pilates 12.30pm Mobility Flow® by Carole 6.30pm Wellness Gym by Anya	30 9.30am Tennis mixte 10.30am Workshop Shakira Flow 10.30am Aquagym by Anna 12.30pm Protection osteoarticular by Sébastien 6.30pm Wellness gym	31 10.45am Circuit outdoor 11.30am Yoga	