

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		1 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	2 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	3 9h30 Tennis mixte 12h30 Protection osteo articulaire by Sébastien	4 10h45 Circuit training 11h30 Yoga by Christine	5 10h15 Twenty 10h30 Social Tennis 11h00 Stretching
6 10h30 Pumping abdos fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga	7 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	8 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	9 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	10 9h30 Tennis mixte 10h30 Lady style	11 10h45 Circuit training 11h30 Yoga	12 10h00 Wellness Gym by Anya 10h30 Social Tennis 11h00 Stretching
13 10h30 Pumping abdos fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga	14 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic by Anya - 30' 19h00 Stretching - 30'	15 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	16 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	17 9h30 Tennis mixte 10h30 Lady style	18 10h45 Circuit training 11h30 Yoga	19 10h00 Wellness Gym 10h30 Social Tennis 11h00 Stretching
20 10h30 Pumping abdos fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga by Simone	21 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	22 10h30 Boldstep 12h30 Yoga by Simone 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	23 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	24 9h30 Tennis mixte 10h30 Lady style 12h30 Protection osteo articulaire by Sébastien	25 10h45 Circuit training 11h30 Yoga	26 10h15 Twenty 10h30 Social Tennis 11h00 Stretching
27 10h30 Pumping abdos fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga by Simone	28 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	29 10h30 Boldstep 12h30 Yoga by Simone 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	30 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout	2 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	3 9.30am Tennis mixte 12.30pm Protection osteoarticular by Sébastien	4 10.45am Circuit training 11.30am Yoga by Christine	5 10.15am Twenty 10.30am Social Tennis 11.00am Stretching
6 10.30am Pumping ABS 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga	7 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'	8 10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout	9 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	10 9.30am Tennis mixte 10.30am Lady style	11 10.45am Circuit training 11.30am Yoga	12 10.00am Wellness gym by Anya 10.30am Social Tennis 11.00am Stretching
13 10.30am Pumping ABS 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga	14 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic by Anya - 30' 7.00pm Stretching - 30'	15 10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout	16 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	17 9.30am Tennis mixte 10.30am Lady style	18 10.45am Circuit training 11.30am Yoga	19 10.15am Twenty 10.30am Social Tennis 11.00am Stretching
20 10.30am Pumping ABS 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga by Simone	21 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'	22 10.30am Boldstep 12.30pm Yoga by Simone 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout	23 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	24 9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien	25 10.45am Circuit training 11.30am Yoga	26 10.15am Twenty 10.30am Social Tennis 11.00am Stretching
27 10.30am Pumping ABS 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga by Simone	28 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'	29 10.30am Boldstep 12.30pm Yoga by Simone 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout	30 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar			