

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
1 10h30 Aquagym 10h30 Pumping Abdos Fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga	2 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	3 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	4 10h30 Aquagym 12h30 Push and Breathe by Maxime 18h30 Barre au sol	5 9h30 Tennis mixte 10h30 Lady style 12h30 Protection osteo articulaire by Sébastien	6 10h45 Circuit outdoor 11h30 Yoga	7 10h15 Lake training 11h00 Stretching by Maxime
8 10h30 Aquagym 10h30 Pumping Abdos Fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga	9 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	10 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	11 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	12 9h30 Tennis mixte 10h30 Lady style 12h30 Protection osteo articulaire by Sébastien	13 9h00 Qi Gong and sound Practice 10h45 Circuit outdoor 11h30 Yoga 17h Sound Healing	14 10h15 Lake training 11h00 Stretching
15 10h30 Aquagym 10h30 Pumping Abdos Fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga	16 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	17 10h30 Boldstep 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	18 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	19 9h30 Tennis mixte 10h30 Lady style 12h30 Protection osteo articulaire by Sébastien	20 10h45 Circuit outdoor 11h30 Yoga	21 9h30 Sunrise 10h15 Lake training by Maxime 11h00 Stretching 12h00 Yoga 18h00 Méditation
22 10h30 Aquagym 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga by Simone	23 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'	24 10h30 Boldstep 12h30 Yoga by Christine 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	25 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	26 9h30 Tennis mixte 10h30 Lady style 12h30 Protection osteo articulaire by Sébastien	27 10h45 Circuit outdoor by Maxime 11h30 Yoga by Christine	28 10h15 Lake training 11h00 Stretching
29 10h30 Aquagym 10h30 Pumping Abdos Fessiers 12h30 Aquabike - 30' 13h00 Aquabike - 30' 18h00 Yoga by Simone	30 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 Athletic - 30' 19h00 Stretching - 30'					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>10.30am Aquagym 10.30am Pumping abdos fessiers 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga</p>	<p>2</p> <p>10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'</p>	<p>3</p> <p>10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout</p>	<p>4</p> <p>10.30am Aquagym 12.30pm Push and Breathe by Maxime 6.30pm Floor bar</p>	<p>5</p> <p>9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien</p>	<p>6</p> <p>10.45am Circuit outdoor 11.30am Yoga</p>	<p>7</p> <p>10.15am Lake training 11.00am Stretching by Maxime</p>
<p>8</p> <p>10.30am Aquagym 10.30am Pumping abdos fessiers 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga</p>	<p>9</p> <p>10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'</p>	<p>10</p> <p>10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout</p>	<p>11</p> <p>10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar</p>	<p>12</p> <p>9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien</p>	<p>13</p> <p>9.00am Qi Gong and sound Practice 10.45am Circuit outdoor 11.30am Yoga 5.00pm Sound Healing</p>	<p>14</p> <p>10.15am Lake training 11.00am Stretching</p>
<p>15</p> <p>10.30am Aquagym 10.30am Pumping abdos fessiers 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga</p>	<p>16</p> <p>10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'</p>	<p>17</p> <p>10.30am Boldstep 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout</p>	<p>18</p> <p>10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar</p>	<p>19</p> <p>9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien</p>	<p>20</p> <p>10.45am Circuit outdoor 11.30am Yoga</p>	<p>21</p> <p>9.30am Sunrise 10.15am Lake training by Maxime 11.00am Stretching 12.00pm Yoga 6.00pm Meditation</p>
<p>22</p> <p>10.30am Aquagym 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga by Simone</p>	<p>23</p> <p>10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'</p>	<p>24</p> <p>10.30am Boldstep 12.30pm Yoga by Christine 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Bodyworkout</p>	<p>25</p> <p>10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar</p>	<p>26</p> <p>9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien</p>	<p>27</p> <p>10.45am Circuit outdoor by Maxime 11.30am Yoga by Christine</p>	<p>28</p> <p>10.15am Lake training 11.00am Stretching</p>
<p>29</p> <p>10.30am Aquagym 10.30am Pumping abdos fessiers 12.30pm Aquabike - 30' 1.00pm Aquabike - 30' 6.00pm Yoga by Simone</p>	<p>30</p> <p>10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm Athletic - 30' 7.00pm Stretching - 30'</p>					