

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		1 10h30 Barre Workout 12h30 Yoga by Simone 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	2 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	3 9h30 Tennis mixte 10h30 Expérience danse coupe du monde 12h30 Protection osteo articulaire by Sébastien	4 10h45 Circuit outdoor 11h30 Yoga	5 10h15 Lake training 10h15 Twenty 11h00 Stretching
6 10h30 Aquagym 10h30 Pumping abdos fessiers 12h30 Aquabike 13h00 Aquabike 18h00 Yoga	7 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 HITT by Tristan 19h00 Stretching by Tristan	8 10h30 Barre Workout 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	9 10h30 Aquagym 12h30 Push and breath by Maxime 18h30 Barre au sol	10 9h30 Tennis mixte 10h30 Lady style 17h30 Full Body by Tristan	11 10h45 Circuit outdoor 11h45 Yoga by Jessica	12 10h15 Lake training 10h15 Twenty 11h00 Stretching by Maxime
13 10h30 Aquagym 10h30 Pumping abdos fessiers 12h30 Aquabike 13h00 Aquabike 18h00 Yoga	14 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 HITT by Tristan 19h00 Stretching by Tristan	15 10h30 Barre Workout 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	16 10h30 Aquagym 12h30 Push and breath by Maxime 18h30 Barre au sol	17 9h30 Tennis mixte 17h30 Full Body by Tristan	18 10h45 Circuit outdoor by Tristan 11h30 Yoga	19 10h15 Lake training 10h15 Twenty 11h00 Stretching by Maxime
20 10h30 Aquagym 10h30 Pumping abdos fessiers 12h30 Aquabike 13h00 Aquabike 18h00 Yoga	21 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 HITT by Tristan 19h00 Stretching by Tristan	22 10h30 Barre Workout 12h30 Yoga 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 17h30 Full Body by Tristan	25 10h45 Circuit outdoor 11h30 Yoga	26 10h15 Lake training 10h15 Twenty 11h00 Stretching by Maxime
27 10h30 Pumping abdos fessiers 12h30 Aquabike 13h00 Aquabike 18h00 Yoga	28 10h30 Aquagym 11h30 Cardio dance 12h30 Danse moderne 18h00 Tennis mixte 18h30 HITT by Tristan 19h00 Stretching by Tristan	29 10h30 Barre Workout 12h30 Yoga 15h00 Mini Tennis 16h00 Mini Tennis 18h30 Bodyworkout	30 10h30 Aquagym 12h30 Pilates Flow® 18h30 Barre au sol	31 9h30 Tennis mixte 12h30 Protection osteo articulaire by Sébastien 17h30 Full Body by Tristan		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.30am Barre workout 12.30pm Yoga by Simone 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Body workout	2 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	3 9.30am Tennis mixte 10.30am World cup dance experience 12.30pm Protection osteoarticular by Sébastien	4 10.45am Circuit outdoor 11.30am Yoga	5 10.15am Lake training 10.15am Twenty 11.00am Stretching
6 10.30am Aquagym 10.30am Pumping ABS 12.30pm Aquabike 1.00pm Aquabike 6.00pm Yoga	7 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm HITT by Tristan 7.00pm Stretching by Tristan	8 10.30am Barre workout 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Body workout	9 10.30am Aquagym 12.30pm Push & breath by Maxime 6.30pm Floor bar	10 9.30am Tennis mixte 10.30am Lady style 6.30pm Full Body by Tristan	11 10.45am Circuit outdoor 11.45am Yoga by Jessica	12 10.15am Lake training 10.15am Twenty 11.00am Stretching by Maxime
13 10.30am Aquagym 10.30am Pumping ABS 12.30pm Aquabike 1.00pm Aquabike 6.00pm Yoga	14 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm HITT by Tristan 7.00pm Stretching by Tristan	15 10.30am Barre workout 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Body workout	16 10.30am Aquagym 12.30pm Push & breath by Maxime 6.30pm Floor bar	17 9.30am Tennis mixte 6.30pm Full Body by Tristan	18 10.45am Circuit outdoor by Tristan 11.30am Yoga	19 10.15am Lake training 10.15am Twenty 11.00am Stretching by Maxime
20 10.30am Aquagym 10.30am Pumping ABS 12.30pm Aquabike 1.00pm Aquabike 6.00pm Yoga	21 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm HITT by Tristan 7.00pm Stretching by Tristan	22 10.30am Barre workout 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Body workout	23 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	24 9.30am Tennis mixte 12.30pm Protection osteoarticular by Sébastien 6.30pm Full Body by Tristan	25 10.45am Circuit outdoor 11.30am Yoga	26 10.15am Lake training 10.15am Twenty 11.00am Stretching by Maxime
27 10.30am Pumping ABS 12.30pm Aquabike 1.00pm Aquabike 6.00pm Yoga	28 10.30am Aquagym 11.30am Cardio dance 12.30pm Modern Dance 6.00pm Tennis mixte 6.30pm HITT by Tristan 7.00pm Stretching by Tristan	29 10.30am Barre workout 12.30pm Yoga 3.00pm Mini Tennis 4.00pm Mini Tennis 6.30pm Body workout	30 10.30am Aquagym 12.30pm Pilates Flow® 6.30pm Floor bar	31 9.30am Tennis mixte 10.30am Lady style 12.30pm Protection osteoarticular by Sébastien 6.30pm Full Body by Tristan		