

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Workshop Boxe by Benzenquen 9am Sup by Caroline (1h30) 10am Tennis (with fee) max 4 10.45am Circuit outdoor 11.30am Yoga	2 Workshop Boxe by Benzenquen 10.15am Twenty 11am Stretching
3 9am Paddle 10.30am Aquagym by Anna 10.30am Power Sculpt 12.30pm Twenty 6.30pm Yoga	4 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mixte 6.30pm Athletic (30min) 7pm Stretching (30min)	5 9am Paddle 10.30am Yoga by Jessica 6.30pm ABS	6 10.30am Aquagym by Anna 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mixte 6.30pm Body sculpt	7 10.30am Belly Danse Cardio 10.30am Aquagym by Anna	8 10am Tennis (with fee) max 4 persons 10.45am Circuit outdoor 11.30am Yoga	9 10.15am Twenty 11am Stretching by Carole
10 9am Paddle 10.30am Aquagym by Anna 10.30am Power Sculpt 12.30pm Twenty 6.30pm Yoga	11 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mixte 6.30pm Athletic (30min) 7pm Stretching (30min)	12 9am Paddle 10.30am Yoga by Jessica 6.30pm ABS	13 10.30am Aquagym by Anna 10.30am Stretching by Martin 12.30pm Bodyart by Carole 6pm Tennis Mixte 6.30pm Body Sculpt	14 10.30am Belly Danse Cardio 10.30am Aquagym by Anna	15 9am Sup by Caroline (1h30) 9am Discover hypnosis 10am Tennis (with fee) max 4 10.30am Masterclass Rollerblading by Diego (1h) 10.45am Circuit outdoor 11.30am Yoga by Caroline	16 10.15am Twenty 10.30am Masterclass Rollerblading by Diego (1h) 11am Stretching by Anne
17 9am Paddle 10.30am Aquagym by Anna 10.30am Power Sculpt 12.30pm Twenty 6.30pm Yoga	18 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mixte 6.30pm Athletic (30min) 7pm ABS by Stéphanie 7pm Stretching (30min)	19 9am Paddle 10.30am Masterclass Aquabike by Anne 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS by Julien	20 10.30am Aquagym by Anna 10.30am Pilates by Anne 6pm Tennis Mixte	21 10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	22 10am Discover hypnosis 10am Tennis (with fee) max 4 11.30am Yoga	23 10.15am Twenty 11am Stretching by Anne
24 9am Paddle 10.30am Aquagym by Anna 10.30am Power Sculpt 6.30pm Yoga	25 10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mixte 7pm ABS by Stéphanie 7pm Stretching (30min)	26 9am Paddle 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS	27 10.30am Aquagym by Anna 10.30am Pilates by Nadine 12.30pm Bodyart by Carole 6pm Tennis Mixte 6.30pm Body Sculpt	28 10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	29 8am Initiation Aviron (with fee) 9am Sup by Caroline (1h30) 10am Tennis (with fee) max 4 10.45am Circuit outdoor by Anne 11.30am Yoga	30 11am Stretching
31 9am Paddle 10.30am Aquagym by Anna 10.30am Power Sculpt 12.30pm Twenty 6.30pm Yoga by Caroline						