

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
					1 Workshop Boxe by Benzenquen 9h Sup by Caroline (1h30) 10h Tennis (payant) max 4 pers. 10h45 Circuit outdoor 11h30 Yoga	2 Workshop Boxe by Benzenquen 10h15 Twenty 11h Stretching
3 9h Paddle 10h30 Aquagym by Anna 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	4 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	5 9h Paddle 10h30 Yoga by Jessica 18h30 Abdos fessiers	6 10h30 Aquagym by Anna 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	7 10h30 Belly Danse Cardio 10h30 Aquagym by Anna	8 10h Tennis (payant) max 4 pers. 10h45 Circuit outdoor 11h30 Yoga	9 10h15 Twenty 11h Stretching by Carole
10 9h Paddle 10h30 Aquagym by Anna 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	11 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	12 9h Paddle 10h30 Yoga by Jessica 18h30 Abdos fessiers	13 10h30 Aquagym by Anna 10h30 Stretching by Martin 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body Sculpt	14 10h30 Belly Danse Cardio 10h30 Aquagym by Anna	15 9h Sup by Caroline (1h30) 9h Découverte de l'hypnose 10h Tennis (payant) max 4 pers. 10h30 Masterclass Rollerblading by Diego (1h) 10h45 Circuit outdoor 11h30 Yoga by Caroline	16 10h15 Twenty 10h30 Masterclass Rollerblading by Diego (1h) 11h Stretching by Anne
17 9h Paddle 10h30 Aquagym by Anna 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga	18 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 19h Abdos fessiers flash by Stéphanie 19h Stretching (30min)	19 9h Paddle 10h30 Masterclass Aquabike by Anne 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers by Julien	20 10h30 Aquagym by Anna 10h30 Pilates by Anne 18h Tennis Mixte	21 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	22 10h Tennis (payant) max 4 personnes 11h30 Yoga	23 10h15 Twenty 11h Stretching by Anne
24 9h Paddle 10h30 Aquagym by Anna 10h30 Power Sculpt 18h30 Yoga	25 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 19h Abdos fessiers flash by Stéphanie 19h Stretching (30min)	26 9h Paddle 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers	27 10h30 Aquagym by Anna 10h30 Pilates by Nadine 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body Sculpt	28 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	29 8h Initiation Aviron (payant) 9h Sup by Caroline (1h30) 10h Tennis (payant) max 4 pers. 10h45 Circuit outdoor by Anne 11h30 Yoga	30 11h Stretching
31 9h Paddle 10h30 Aquagym by Anna 10h30 Power Sculpt 12h30 Twenty 18h30 Yoga by Caroline						