

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1	2	3	4	5	6
	10.30am Aquagym by Anna 6pm Tennis mix 6.30pm Athletic (30min) 7pm Stretching (30min)	9am Paddle 10.30am Yoga 10.30am Masterclass Aquagym by Anne (45min) 12.30pm Pilates by Nadine 6.30pm ABS	10.30am Aquagym by Anna 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	9am Sup by Caroline (1h30) 10am Tennis (with fee) max 4 personnes 10.45am Circuit outdoor by Anne 11.30am Yoga by Caroline	10am Lake training (45min) 11am Stretching by Anne	
7	9am Paddle 10.30am Aquagym by Anna 12.30pm Twenty 6.30pm Yoga	8	9am Paddle 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS	10.30am Aquagym by Anna 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	10am Tennis (with fee) max 4 personnes 10.45am Circuit outdoor by Anne 11.30am Yoga by Caroline	10am Lake training (45min) 11am Stretching by Anne
14	9am Paddle 10.30am Aquagym by Anna 12.30pm Twenty 6.30pm Yoga	15	16	17	18	19	20
	10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mix 6.30pm Athletic (30min) 7pm Stretching (30min)	9am Paddle 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS	10.30am Aquagym by Anna 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	9am Sup by Caroline (1h30) 10am Initiation au Wakeboard / Wakesurf 10am Tennis (with fee) max 4 personnes 10.45am Circuit outdoor 11.30am Yoga	10am Lake training (45min) 11am Stretching	
21	9am Paddle 10.30am Aquagym by Anna 12.30pm Twenty 6.30pm Yoga	22	23	24	25	26	27
	10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mix	9am Paddle 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS	10.30am Aquagym by Anna 10.30am Pilates by Anne 6pm Tennis Mix	10.30am Belly Danse Cardio 10.30am Aquagym by Anna 12.30pm Osteoarticular protection by Sébastien	9am Sup by Caroline (1h30) 10am Tennis (with fee) max 4 personnes 10.45am Circuit outdoor by Anne 11.30am Yoga	10am Lake training (45min) 11am Stretching	
28	9am Paddle 10.30am Aquagym by Anna 12.30pm Twenty 6.30pm Yoga	29	30	31			
	10.30am Aquagym by Anna 12.30pm Postural gymnastics 6pm Tennis mix 6.30pm Athletic (30min) 7pm Stretching (30min)	9am Paddle 10.30am Yoga 12.30pm Pilates by Nadine 6.30pm ABS	10.30am Aquagym by Anna 10.30am Pilates 12.30pm Bodyart by Carole 6pm Tennis Mix 6.30pm Body sculpt				