

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|---|--|--|--|--|---|--|
|   | <b>1</b><br>10.30am Aquagym by Anna<br>6pm Tennis mix<br>6.30pm Athletic (30min)<br>7pm Stretching (30min)                                 | <b>2</b><br>9am Paddle<br>10.30am Yoga<br>10.30am Masterclass Aquagym by Anne (45min)<br>12.30pm Pilates by Nadine<br>6.30pm ABS | <b>3</b><br>10.30am Aquagym by Anna<br>10.30am Pilates<br>12.30pm Bodyart by Carole<br>6pm Tennis Mix<br>6.30pm Body sculpt  | <b>4</b><br>10.30am Belly Danse Cardio<br>10.30am Aquagym by Anna<br>12.30pm Osteoarticular protection by Sébastien  | <b>5</b><br>9am Sup by Caroline (1h30)<br>10am Tennis (with fee) max 4 personnes<br>10.45am Circuit outdoor by Anne<br>11.30am Yoga by Caroline                         | <b>6</b><br>10am Lake training (45min)<br>11am Stretching by Anne  |
| <b>7</b><br>9am Paddle<br>10.30am Aquagym by Anna<br>12.30pm Twenty<br>6.30pm Yoga  | <b>8</b><br>10.30am Aquagym by Anna<br>6pm Tennis mix<br>6.30pm Athletic (30min)<br>7pm Stretching (30min)                                 | <b>9</b><br>9am Paddle<br>10.30am Yoga<br>12.30pm Pilates by Nadine<br>6.30pm ABS  | <b>10</b><br>10.30am Aquagym by Anna<br>10.30am Pilates<br>12.30pm Bodyart by Carole<br>6pm Tennis Mix<br>6.30pm Body sculpt | <b>11</b><br>10.30am Belly Danse Cardio<br>10.30am Aquagym by Anna<br>12.30pm Osteoarticular protection by Sébastien | <b>12</b><br>10am Tennis (with fee) max 4 personnes<br>10.45am Circuit outdoor by Anne<br>11.30am Yoga by Caroline  | <b>13</b><br>10am Lake training (45min)<br>11am Stretching by Anne |
| <b>14</b><br>9am Paddle<br>10.30am Aquagym by Anna<br>12.30pm Twenty<br>6.30pm Yoga | <b>15</b><br>10.30am Aquagym by Anna<br>12.30pm Postural gymnastics<br>6pm Tennis mix<br>6.30pm Athletic (30min)<br>7pm Stretching (30min) | <b>16</b><br>9am Paddle<br>10.30am Yoga<br>12.30pm Pilates by Nadine<br>6.30pm ABS   | <b>17</b><br>10.30am Aquagym by Anna<br>10.30am Pilates<br>12.30pm Bodyart by Carole<br>6pm Tennis Mix<br>6.30pm Body sculpt | <b>18</b><br>10.30am Belly Danse Cardio<br>10.30am Aquagym by Anna<br>12.30pm Osteoarticular protection by Sébastien | <b>19</b><br>9am Sup by Caroline (1h30)<br>10am Initiation au Wakeboard / Wakesurf<br>10am Tennis (with fee) max 4 personnes<br>10.45am Circuit outdoor<br>11.30am Yoga | <b>20</b><br>10am Lake training (45min)<br>11am Stretching         |
| <b>21</b><br>9am Paddle<br>10.30am Aquagym by Anna<br>12.30pm Twenty<br>6.30pm Yoga | <b>22</b><br>10.30am Aquagym by Anna<br>12.30pm Postural gymnastics<br>6pm Tennis mix  | <b>23</b><br>9am Paddle<br>10.30am Yoga<br>12.30pm Pilates by Nadine<br>6.30pm ABS   | <b>24</b><br>10.30am Aquagym by Anna<br>10.30am Pilates by Anne<br>6pm Tennis Mix  | <b>25</b><br>10.30am Belly Danse Cardio<br>10.30am Aquagym by Anna<br>12.30pm Osteoarticular protection by Sébastien | <b>26</b><br>9am Sup by Caroline (1h30)<br>10am Tennis (with fee) max 4 personnes<br>10.45am Circuit outdoor by Anne<br>11.30am Yoga                                    | <b>27</b><br>10am Lake training (45min)<br>11am Stretching         |
| <b>28</b><br>9am Paddle<br>10.30am Aquagym by Anna<br>12.30pm Twenty<br>6.30pm Yoga | <b>29</b><br>10.30am Aquagym by Anna<br>12.30pm Postural gymnastics<br>6pm Tennis mix<br>6.30pm Athletic (30min)<br>7pm Stretching (30min) | <b>30</b><br>9am Paddle<br>10.30am Yoga<br>12.30pm Pilates by Nadine<br>6.30pm ABS   | <b>31</b><br>10.30am Aquagym by Anna<br>10.30am Pilates<br>12.30pm Bodyart by Carole<br>6pm Tennis Mix<br>6.30pm Body sculpt |  |   |  |