

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	1 10h30 Aquagym by Anna 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	2 9h Paddle 10h30 Yoga 10h30 Masterclass Aquagym by Anne (45min) 12h30 Pilates by Nadine 18h30 Abdos fessiers	3 10h30 Aquagym by Anna 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	4 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	5 9h Sup by Caroline (1h30) 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor by Anne 11h30 Yoga by Caroline	6 10h Lake training (45min) 11h Stretching by Anne
7 9h Paddle 10h30 Aquagym by Anna 12h30 Twenty 18h30 Yoga	8 10h30 Aquagym by Anna 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	9 9h Paddle 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers	10 10h30 Aquagym by Anna 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	11 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	12 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor by Anne 11h30 Yoga by Caroline	13 10h Lake training (45min) 11h Stretching by Anne
14 9h Paddle 10h30 Aquagym by Anna 12h30 Twenty 18h30 Yoga	15 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	16 9h Paddle 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers	17 10h30 Aquagym by Anna 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt	18 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	19 9h Sup by Caroline (1h30) 10h Initiation au Wakeboard / Wakesurf 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor 11h30 Yoga	20 10h Lake training (45min) 11h Stretching
21 9h Paddle 10h30 Aquagym by Anna 12h30 Twenty 18h30 Yoga	22 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte	23 9h Paddle 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers	24 10h30 Aquagym by Anna 10h30 Pilates by Anne 18h Tennis Mixte	25 10h30 Belly Danse Cardio 10h30 Aquagym by Anna 12h30 Protection osteo articulaire by Sébastien	26 9h Sup by Caroline (1h30) 10h Tennis (payant) max 4 personnes 10h45 Circuit outdoor by Anne 11h30 Yoga	27 10h Lake training (45min) 11h Stretching
28 9h Paddle 10h30 Aquagym by Anna 12h30 Twenty 18h30 Yoga	29 10h30 Aquagym by Anna 12h30 Gymnastique posturale 18h Tennis mixte 18h30 Athletic (30min) 19h Stretching (30min)	30 9h Paddle 10h30 Yoga 12h30 Pilates by Nadine 18h30 Abdos fessiers	31 10h30 Aquagym by Anna 10h30 Pilates 12h30 Bodyart by Carole 18h Tennis Mixte 18h30 Body sculpt			