

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> 10am Tennis Women 10.30am Aquagym 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	<b>2</b> 10.30am Yoga by Sabel	<b>3</b> <b>10.30am NeuroTraining introduction by L.Chicha Gaudimier</b> (Classes & exchange 90') 12.30pm Body works 6.30pm Stretching	<b>4</b> 10.30am Yoga by N.Graves	<b>5</b> 10am Tennis 11am Glutes ABS	<b>6</b> 11am Stretching
<b>7</b> <b>Virginie Claret</b> 10.30am Afro cardio-dance 6.30pm Yoga by Delphine	<b>8</b> <b>Virginie Claret</b> 10am Tennis Women 10.30am Aquagym 12.30pm Gymnastique posturale 6pm Tennis Men 6.30pm Wellness Gym	<b>9</b> <b>Virginie Claret</b> <b>Jeff Grant</b> <b>9am Nordic Walking by J.Grant 60'</b> 10.30am Yoga by Sabel <b>10.30am Aqua Yoga by J.Grant</b> <b>6.30pm Yoga by J.Grant</b>	<b>10</b> <b>Virginie Claret</b> <b>Jeff Grant</b> <b>9am Nordic Walking by J.Grant 60'</b> 10.30am Pilates <b>10.30am Aqua Yoga by J.Grant</b> 12.30pm Body works 6.30pm Stretching <b>6.30pm Yoga by J.Grant</b> <b>Aesthetic Medicine Evening</b>	<b>11</b> <b>Jeff Grant</b> <b>9am Nordic Walking by J.Grant 60'</b> <b>10.30am Aqua Yoga by J.Grant 60'</b> <b>6.30pm Sound Bath Healing by J.Grant 90'</b>	<b>12</b> <b>Jeff Grant - Retreat</b> 10am Tennis 11am Glutes ABS	<b>13</b> <b>Jeff Grant - Retreat</b> 11am Stretching <b>6.30pm Full Moon Ceremony by J. Grant 90'</b>
<b>14</b> <b>Anja Kursawe</b> <b>Neijbir - Podiatrist</b> 10.30am Afro cardio-dance <b>12.30pm Pilates by A.Kursawe</b> 6.30pm Yoga by Delphine	<b>15</b> <b>Anja Kursawe</b> <b>Neijbir - Podiatrist</b> 10am Tennis Women 10.30am Aquagym 12.30pm Gymnastique posturale 6pm Tennis Men <b>6.30pm Pilates by A.Kursawe</b>	<b>16</b> <b>Anja Kursawe</b> 10.30am Yoga by Sabel <b>6.30pm Pilates by A.Kursawe</b>	<b>17</b> <b>Anja Kursawe</b> <b>10.30am Pilates by A.Kursawe</b> 12.30pm Body works 6.30pm Stretching	<b>18</b> <b>Anja Kursawe</b> 10.30am Oriental dance <b>12.30pm Pilates by A.Kursawe</b>	<b>19</b> <b>Beta Lisboa</b> 10am Tennis 11am Glutes ABS <b>11.30am Yoga by B.Lisboa</b>	<b>20</b> <b>Beta Lisboa</b> 11am Stretching 12pm Yoga by Delphine <b>5.30pm Yoga by B.Lisboa 90'</b>
<b>21</b> <b>Beta Lisboa</b> 10.30am Afro cardio-dance <b>12.30pm Yoga by B.Lisboa 90'</b> 6.30pm Yoga by Delphine	<b>22</b> <b>Beta Lisboa</b> 10am Tennis Women 10.30am Aquagym 12.30pm Gymnastique posturale 6pm Tennis Men <b>6.30pm Yoga by B.Lisboa 90'</b>	<b>23</b> <b>Beta Lisboa</b> 10.30am Yoga by Sabel <b>6.30pm Yoga by B.Lisboa 90'</b>	<b>24</b> 10.30am Pilates 12.30pm Body works 6.30pm Stretching	<b>25</b> 10.30am Oriental dance	<b>26</b> 10am Tennis 11am Glutes ABS 11.30am Yoga by Delphine	<b>27</b> 11am Stretching 12pm Yoga by Delphine
<b>28</b> <b>Neijbir - Podiatrist</b> 10.30am Afro cardio-dance 6.30pm Yoga by Delphine	<b>29</b> <b>Neijbir - Podiatrist</b> 10am Tennis Women 10.30am Aquagym <b>10.30am Boxing by M.Bouazza</b> 12.30pm Gymnastique posturale 6pm Tennis Men <b>6.30pm Boxing by M.Bouazza</b>	<b>30</b> <b>9am Boxing by M.Bouazza</b> 10.30am Yoga by Sabel <b>12.30pm Boxing by M.Bouazza</b> <b>6.30pm Boxing by M.Bouazza</b>	<b>31</b> 10.30am Pilates <b>12.30pm Boxing by M.Bouazza</b> <b>6.30pm Boxing by M.Bouazza</b> 6.30pm Stretching			