



Sports & activities planning

July/August program

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
9am-9:45am	Crosstraining (Club anim)		Training circuit (Club anim)	Step (Club anim)	Fit-dance (Club anim)	Bodysculpt (Club anim)
10am-10:45am	Step (Club anim)	Family Olympics until 5:30pm (Club anim)	Bodysculpt (Club anim)	Thighs abdo buttocks (Club anim)	Cross training (Club anim)	Stretching (Club anim)
11am-11:45am	Aquafun (In front of la Cabane)		Aquafun (In front of la Cabane)	Aquafun (In front of la Cabane)	Aquafun (In front of la Cabane)	Aquafun (In front of la Cabane)
5:30pm-7pm	Bowls tournament (Club anim)		Basketball tournament (Club anim)	Table tennis tournament (Club anim)	Football tournamen (Club anim)	Beach volleyball tournament & sunset apero (In front of la Cabane)
7:30pm-8:30pm	Soft gymnastics (In front of la Cabane)	Distribution of medals and aperitif (until 9pm)	Soft gymnastics (In front of la Cabane)	Stretching (In front of la Cabane)	Soft gymnastics & stretching (In front of la Cabane)	