

AGENDA

LES ACTIVITÉS SPORTIVES
SPORTS ACTIVITIES



	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Dimanche Sunday
8h - 8h45 8am - 8:45am		Pilates - Stretching (Plage / Beach)		Pilates - Stretching (Plage / Beach)		
9h - 9h45 9am - 9:45am	Step (Aire de jeux / Play area)	Bodysculpt (Aire de jeux / Play area)	Cardio impact (Aire de jeux / Play area)	Step (Aire de jeux / Play area)	Dance hit (Aire de jeux / Play area)	Bodysculpt (Aire de jeux / Play area)
10h - 10h45 10am - 10:45am	Cross training (Aire de jeux / Play area)	Dance hit (Aire de jeux / Play area)	Cuisses abdos fessier (Aire de jeux / Play area)	Cross training (Aire de jeux / Play area)	Cardio impact (Aire de jeux / Play area)	Stretching (Aire de jeux / Play area)
11h - 12h 11am - 12pm	Aquafun (Plage / Beach)	Aquafun (Plage / Beach)	Aquafun (Plage / Beach)	Aquafun (Plage / Beach)	Aquafun (Plage / Beach)	Aquafun (Plage / Beach)
16h30 - 17h30 4:30pm - 5:30pm	Coaching (Salle de sport / Fitness room)	Coaching (Salle de sport / Fitness room)	Coaching (Salle de sport / Fitness room)	Coaching (Salle de sport / Fitness room)	Coaching (Salle de sport / Fitness room)	
17h30 - 19h 5:30pm - 7pm	Tournois sportif (Aire de jeux / Play area)	Tournois sportif (Aire de jeux / Play area)	Tournois sportif (Aire de jeux / Play area)	Tournois sportif (Aire de jeux / Play area)	Tournois sportif (Aire de jeux / Play area)	Beach volleyball tournament (Plage / Beach)
19h - 20h 7pm - 8pm						