

SUMMER 2026 GYM ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		RUN CLUB 7:15 to 8 a.m. Nicolas Dehors				
HIIT 9 to 9:45 a.m. Nicolas Studio 1	CARDIO TONING 9 to 10 a.m. Lysandre Studio 1	FULL BODY WORKOUT 9 to 10 a.m. Lysandre Studio 1	PILATES 9 to 10 a.m. Samantha Studio 1	BOOTCAMP 9 to 10 a.m. Samantha Studio 1	ASHTANGA PRANAFLOW* 9 to 10 a.m. Alice Studio 2	
SENIOR GYM 10:15 to 11:15 a.m. Nicolas Studio 1	PILATES 10:15 to 11:15 a.m. Samantha Studio 1	SENIOR GYM 10:15 to 11:15 a.m. Lysandre Studio 1	DYNAMIC STRETCHING 10:15 to 11:15 a.m. Samantha Studio 1	SENIOR GYM 10:15 to 11:15 a.m. Samantha Studio 1		HIIT* 10 to 10:45 a.m. Jérémie Studio 1
TRX* 6 to 7 p.m. Jérémie Studio 1	SPINNING* 6 to 6:45 p.m. Claudette Studio 2	CIRCUIT TRAINING* 6 to 6:45 p.m. Nicolas Studio 1	SPINNING* 6 to 6:45 p.m. Nicolas Studio 2			
ZUMBA* 6:30 to 7:30 p.m. Youma Studio 2	YOGA FLOW* 7 to 8 p.m. Claudette Studio 2		ZUMBA* 7 to 8 p.m. Youma Studio 2			
						Cardio Flexibilité Force Mixte
						No classes on: June 24 & June 1st

Activities schedule from June 1 to August 31, 2026.

*Reservations must be made 24 hours in advance on the Club's online platform. A minimum of 5 registered participants is required for the class to take place. For general information, please email Lysandre Pauzé at lpauze@tennis-ids.com.