

SUMMER 2026 GYM ACTIVITIES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

**No classes on:
June 24 & June 1st**

CARDIO

FLEXIBILITÉ

FORCE

MIXTE

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.