



SEASON 2026 - 2027

WELLNESS & FITNESS

Gym · Pilates · Yoga · Perinatal Yoga · Zumba



The Club House studio — classes held throughout the season

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
—	9:00 PILATES VALERIE	—	8:30 PILATES EUGENIE	8:30 CARDIO TRX EUGENIE	—	—
10:00 GENTLE GYM DELPHINE	10:00 HATHA YOGA DELPHINE	10:00 GYROKINESIS VALERIE	9:30 PILATES EUGENIE	9:35 GENTLE GYM EUGENIE	10:00 YOGA MAÏ	—
11:00 PRE & POST NATAL GYM DELPHINE	11:30 YIN YOGA DELPHINE	11:15 SENIOR POSTURAL GYM VALERIE	10:35 PILATES EUGENIE	10:45 GENTLE GYM EUGENIE	11:20 YOGA MAÏ	—
—	12:30 PILATES EUGENIE	12:30 YOGA MAÏ	11:40 PILATES EUGENIE	12:00 STRETCHING EUGENIE	—	—
—	13:40 PILATES EUGENIE	—	—	—	—	—
—	18:15 PRENATAL YOGA DELPHINE	17:30 YOGA MAÏ	—	—	—	—
19:15 PILATES VALERIE	19:15 YOGA DELPHINE	19:00 PILATES VALERIE	—	19:00 ZUMBA LOU	—	18:30 VINYASA YOGA MARINE
—	20:45 PILATES EUGENIE	20:00 YOGA MAÏ	—	—	—	—

INFORMATION FROM THE INSTRUCTORS

Classes open to VITC members — Tennis + Wellness membership or Wellness-only membership

YOGA · PERINATAL YOGA · PILATES · GYM Delphine 06 74 91 56 25	YOGA · PERINATAL YOGA · PILATES · GYM Eugénie eugenie.coach.mouvement@gmail.com	ZUMBA Lou 06 71 61 74 43	YOGA Maï 06 85 31 68 72	VINYASA YOGA Marine 06 07 35 31 17	PILATES Valérie 06 08 30 71 33
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CLUB HOUSE — ÎLE DES IBIS, LE VÉSINET

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