S16 du 16/04 au 20/04/ 18

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

	LUNDI - MONDAY 16		MARDI - TUESDAY 17		MERCREDI - WEDNESDAY 18		JEUDI - THURSDAY 19		VENDREDI - FRIDAY 20	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
7H45	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	AQUA WORK			BODY SCULPT	AQUA CARDIO BOXING	
COACH	CAMILLE			ALEXANDRA	STEPHANE			JONATHAN	JULIE UGO	
8H45	AQUA WORK			PILATES	AQUA POSTURAL			PILATES	AQUA ABDOS	
COACH	JULIE			ALEXANDRA	CAMILLE			ALEXANDRA	JULIE	
9H45	AQUA POSTURAL			ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	BODY SCULPT		ABDOS FESSIERS	AQUA JUMP	
COACH	CAMILLE			KALOLINA	STEPHANE	JONATHAN		JONATHAN	JULIE UGO	
10H45				YOGA DEBUTANT		YOGA DEBUTANT		STRETCHING		
COACH				KALOLINA		KALOLINA		ALEXANDRA		
12H45		ABDOS FESSIERS	AQUA WORK	PILATES		ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	CIRCUIT TRAINING		CARDIO RENFO
COACH		KALOLINA	CAMILLE	ALEXANDRA		OLGA	JULIE UGO	JONATHAN		SEBASTIEN
17H00		ABDOS FESSIERS	AQUA CARDIO BOXING			BODY SCULPT	AQUA ABDOS			CIRCUIT TRAINING
COACH		JONATHAN	STEPHANE			OLGA	JULIE			KALOLINA
18H00		PILATES	AQUA WORK			PILATES	AQUA CIRCUIT TRAINING			ABDOS FESSIERS
COACH		SEBASTIEN	JULIE			OLGA	CAMILLE			ALEXANDRA
19H00		OUTDOOR BIKE	AQUA JUMP			YOGA DEBUTANT	AQUA WORK			BODY SCULPT
COACH		JONATHAN	STEPHANE			KALOLINA	JULIE			KALOLINA
20H00		STRETCHING								STRETCHING
COACH		SEBASTIEN								ALEXANDRA