S20 du 14/05 au 18/05

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

	LUNDI - MONDAY 14		MARDI - TUESDAY 15		MERCREDI - WEDNESDAY 16		JEUDI - THURSDAY 17		VENDREDI - FRIDAY 18	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
7H45	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	AQUA WORK			BODY SCULPT	AQUA CARDIO BOXING	
COACH	ROMAIN			SEBASTIEN	JULIE UGO			NATHALIE	JULIE	
8H45	AQUA WORK			PILATES	AQUA POSTURAL			PILATES	AQUA ABDOS	
COACH	CAMILLE			SEBASTIEN	CAMILLE			KALOLINA	STEPHANE	
9H45	AQUA POSTURAL			ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	BODY SCULPT		ABDOS FESSIERS	AQUA JUMP	
COACH	ROMAIN			KALOLINA	JULIE UGO	NATHALIE		NATHALIE	JULIE	
10H45				YOGA DEBUTANT		YOGA DEBUTANT		STRETCHING		
COACH				KALOLINA		KALOLINA		KALOLINA		
12H45		ABDOS FESSIERS	AQUA WORK	PILATES		ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	CIRCUIT TRAINING		CARDIO RENFO
COACH		KALOLINA	CAMILLE	ALESSANDRA		ALESSANDRA	JULIE UGO	JONATHAN		ALESSANDRA
17H00		ABDOS FESSIERS	AQUA CARDIO BOXING			BODY SCULPT	AQUA ABDOS			CIRCUIT TRAINING
COACH		JONATHAN	ROMAIN			KALOLINA	STEPHANE			JONATHAN
18H00		PILATES	AQUA WORK			PILATES	AQUA CIRCUIT TRAINING			ABDOS FESSIERS
COACH		SEBASTIEN	STEPHANE			ALESSANDRA	CAMILLE			SEBASTIEN
19H00		OUTDOOR BIKE	AQUA JUMP			YOGA DEBUTANT	AQUA WORK			BODY SCULPT
COACH		JONATHAN	ROMAIN			KALOLINA	STEPHANE			JONATHAN
20H00		STRETCHING								STRETCHING
COACH		SEBASTIEN								STRETCHING