

S2 du 8 au 12 /01/ 18



THERMES MARINS
MONTE-CARLO

FAIBLE INTENSITE

MOYENNE INTENSITE

HAUTE INTENSITE

MONTE-CARLO
SOCIETE DES BAINS DE MER

LUNDI - MONDAY 8

MARDI - TUESDAY 9

MERCREDI - WEDNESDAY 10

JEUDI - THURSDAY 11

VENREDI - FRIDAY 12

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

7H45

AQUA CIRCUIT
TRAINING

CIRCUIT TRAINING

AQUA WORK

BODY SCULPT

AQUA CARDIO
BOXING

COACH

JULIE

OLGA

STEPHANE

SEBASTIEN

JULIE UGO

8H45

AQUA WORK

PILATES

AQUA POSTURAL

PILATES

AQUA ABDOS

COACH

JULIE UGO

OLGA

ALLAN

ALEXANDRA

ALLAN

9H45

AQUA POSTURAL

ZUMBA
EXTERIEUR

AQUA CIRCUIT
TRAINING

BODY SCULPT

ABDOS FESSIERS

AQUA JUMP

COACH

JULIE

ALEXANDRA

STEPHANE

ALEXANDRA

SEBASTIEN

JULIE UGO

10H45

YOGA DEBUTANT
EXTERIEUR

YOGA DEBUTANT
EXTERIEUR

STRET-CHING

COACH

KALOLINA

KALOLINA

ALEXANDRA

12H45

ABDOS FESSIERS

AQUA WORK

PILATES

ZUMBA
EXTERIEUR

AQUA CIRCUIT
TRAINING

CIRCUIT TRAINING

CARDIO RENFO

COACH

JONATHAN

JULIE

OLGA

ALEXANDRA

ALLAN

KALOLINA

SEBASTIEN

17H00

ABDOS FESSIERS

AQUA CARDIO
BOXING

BODY SCULPT

AQUA ABDOS

CIRCUIT TRAINING

COACH

SEBASTIEN

STEPHANE

OLGA

JULIE UGO

ALEXANDRA

18H00

PILATES

AQUA WORK

PILATES

AQUA CIRCUIT
TRAINING

ABDOS FESSIERS

COACH

KALOLINA

STEPHANE

OLGA

JULIE

JONATHAN

19H00

OUTDOOR BIKE

AQUA JUMP

YOGA DEBUTANT

AQUA WORK

BODY SCULPT

COACH

SEBASTIEN

ALLAN

KALOLINA

JULIE UGO

ALEXANDRA

20H00

STRETCHING

STRETCHING

COACH

KALOLINA

JONATHAN