S24 du 11/06 au 15/06/18

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

MONTE-CARLO SOCIÉTÉ DES BAINS DE MER	LUNDI - MONDAY 11		MARDI - TUESDAY 12		MERCREDI - WEDNESDAY 13		JEUDI - THURSDAY 14		VENDREDI - FRIDAY 15	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
7H45	AQUA CIRCUIT TRAINING			OUTDOOR TRAINING	AQUA WORK			BODY SCULPT	AQUA CARDIO BOXING	
COACH	STEPHANE			ALESSANDRA	JULIE			NATHALIE	JULIE UGO	
8H45	AQUA WORK			BODY SCULPT	AQUA POSTURAL			PILATES	AQUA ABDOS	
COACH	CAMILLE			KALOLINA	CAMILLE			SEBASTIEN	ROMAIN	
9H45	AQUA POSTURAL			PILATES	AQUA CIRCUIT TRAINING	BODY SCULPT		ABDOS FESSIERS	AQUA JUMP	
COACH	STEPHANE			ALESSANDRA	JULIE	ALESSANDRA		NATHALIE	JULIE UGO	
10H45				YOGA DEBUTANT		YOGA INTERMEDIAIRE		STRETCHING		
COACH				KALOLINA		KALOLINA		SEBASTIEN		
12H45		ABDOS FESSIERS	AQUA WORK	PILATES		ZUMBA	AQUA CIRCUIT TRAINING	CIRCUIT TRAINING		CARDIO RENFO
COACH		JONATHAN	CAMILLE	KALOLINA		ALESSANDRA	JULIE	NATHALIE		SEBASTIEN
17H00		ABDOS FESSIERS	AQUA CARDIO BOXING			PILATES	AQUA ABDOS			CIRCUIT TRAINING
COACH		SEBASTIEN	ROMAIN			KALOLINA	JULIE UGO			ALESSANDRA
18H00		PILATES	AQUA WORK			YOGA INTERMEDIAIRE	AQUA CIRCUIT TRAINING			ABDOS FESSIERS
COACH		ALESSANDRA	STEPHANE			KALOLINA	CAMILLE			NATHALIE
19H00		OUTDOOR BIKE	AQUA JUMP			OUTDOOR TRAINING	AQUA WORK			PILATES EXTERIEUR
COACH		SEBASTIEN	ROMAIN			NATHALIE	JULIE UGO			ALESSANDRA
20H00		STRETCHING								STRETCHING
COACH		ALESSANDRA								NATHALIE