S28 du 09/07 au 13/07/18

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

MONTE-CARLO SOCIÉTÉ DES BAINS DE MER

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