S3 du 15 au 19 /01/ 18

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

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