

SEPTEMBER 2017 : from 11 to 15

**MONTE-CARLO**  
SOCIÉTÉ DES BAINS DE MER

■ COURS A FAIBLE INTENSITE  
■ COURS INTENSITE MOYENNE  
■ COURS INTENSITE ELEVEE

	LUNDI 11	MARDI 12		MERCREDI 13		JEUDI 14		VEND 15
		PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	
7H45	AQUA COMBO STEPHANE		CIRCUIT TRAINING ALEXANDRA	AQUA WORK JULIE			BODY SCULPT JONATHAN	AQUA CARDIO BOXING CAMILLE
8H45	AQUA WORK JULIE		PILATES OLGA	AQUA POSTURAL STEPHANE			PILATES SEBASTIEN	AQUA ABDOS ARNAUD
9H45	AQUA POSTURAL STEPHANE		CARDIO RENFO ALEXANDRA	AQUA COMBO JULIE	BODY SCULPT JONATHAN		ABDOS FESSIERS JONATHAN	AQUA JUMP CAMILLE
10H45			STRETCHING OLGA		STRETCHING ALEXANDRA		STRETCHING SEBASTIEN	
12H45	ABDOS FESSIERS SEBASTIEN	AQUA WORK JULIE	PILATES OLGA		BODY SCULPT JONATHAN	AQUA POSTURAL STEPHANE	CIRCUIT TRAINING SEBASTIEN	CARDIO RENFO SEBASTIEN
17H	CARDIO RENFO JONATHAN	AQUA CARDIO BOXING ARNAUD			BODY SCULPT OLGA	AQUA ABDOS CAMILLE		CIRCUIT TRAINING JONATHAN
18H	PILATES SEBASTIEN	AQUA WORK STEPHANE			PILATES ALEXANDRA	AQUA COMBO JULIE		ABDOS FESSIERS ALEXANDRA
19H	OUTDOOR BIKE JONATHAN	AQUA JUMP ARNAUD			STRETCHING OLGA	AQUA WORK CAMILLE		BODY SCULPT ALEXANDRA
20H	STRETCHING SEBASTIEN							OUTDOOR BIKE JONATHAN