

2017: OKTOBER from 9 TO 13

MONTE-CARLO
SOCIÉTÉ DES BAINS DE MER

COURS A FAIBLE INTENSITE CO
INTENSITE MOYENNE COURS IN
ELEVÉE

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