S46 NOVEMBRE 17

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

MONTE-CARLO SOCIÉTÉ DES BAINS DE MER	LUNDI - MONDAY 13		MARDI - TUESDAY 14		MERCREDI - WEDNESDAY 15		JEUDI - THURSDAY 16		VENDREDI - FRIDAY 17	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
7H45	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	AQUA WORK			BODY SCULPT	AQUA CARDIO BOXING	
COACH	CAMILLE			JONATHAN	JULIE			SEBASTIEN	ALLAN	
8H45	AQUA WORK			PILATES	AQUA POSTURAL			PILATES	AQUA ABDOS	
COACH	JULIE UGO			OLGA	JULIE UGO			ALEXANDRA	STEPAHNE	
9H45	AQUA POSTURAL			ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	BODY SCULPT		ABDOS FESSIERS	AQUA JUMP	
COACH	CAMILLE			OLGA	JULIE	ALEXANDRA		SEBASTIEN	ALLAN	
10H45				YOGA DEBUTANT EXTERIEUR		YOGA DEBUTANT EXTERIEUR		STRET-CHING		
COACH				KALOLINA		KALOLINA		JONATHAN		
12H45		ABDOS FESSIERS	AQUA WORK	PILATES		ZUMBA EXTERIEUR	AQUA CIRCUIT TRAINING	CIRCUIT TRAINING		CARDIO RENFO
COACH		ALEXANDRA	CAMILLE	KALOLINA		ALEXANDRA	JULIE	JONATHAN		SEBASTIEN
17H00		ABDOS FESSIERS	AQUA CARDIO BOXING			BODY SCULPT	AQUA ABDOS			CIRCUIT TRAINING
COACH		SEBASTIEN	STEPHANE			OLGA	CAMILLE			ALEXANDRA
18H00		PILATES	AQUA WORK			PILATES	AQUA CIRCUIT TRAINING			ABDOS FESSIERS
COACH		KALOLINA	JULIE			OLGA	JULIE UGO			KALOLINA
19H00		OUTDOOR BIKE	AQUA JUMP			YOGA DEBUTANT	AQUA WORK			BODY SCULPT
COACH		SEBASTIEN	STEPHANE			KALOLINA	CAMILLE			ALEXANDRA
20H00		STRETCHING								STRETCHING
COACH		KALOLINA								KALOLINA