## S49 du 4 au 8/12/2017

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

| MONTE-CARLO SOCIÉTÉ DES BAINS DE MER | LUNDI - MONDAY 4 | | MARDI - TUESDAY 5 | | MERCREDI - WEDNESDAY 6 | | JEUDI - THURSDAY 7 | | VENDREDI - FRIDAY 8 | |
|---|---|---|---|---|---|---|---|---|---|---|
| | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS |
| 7H45 | AQUA CIRCUIT TRAINING | | | CIRCUIT TRAINING | AQUA WORK | | | BODY SCULPT | FETE | LEGALE |
| COACH | JULIE UGO | | | ALEXANDRA | JULIE | | | JONATHAN | | |
| 8H45 | AQUA WORK | | | PILATES | AQUA POSTURAL | | | PILATES | BANK | HOLIDAY |
| COACH | JULIE | | | OLGA | JULIE UGO | | | KALOLINA | | |
| 9H45 | AQUA POSTURAL | | | ZUMBA EXTERIEUR | AQUA CIRCUIT TRAINING | BODY SCULPT | | ABDOS FESSIERS | | |
| COACH | JULIE UGO | | | ALEXANDRA | JULIE | JONATHAN | | JONATHAN | | |
| 10H45 | | | | YOGA DEBUTANT EXTERIEUR | | YOGA DEBUTANT EXTERIEUR | | STRETCHING | | |
| COACH | | | | KALOLINA | | KALOLINA | | KALOLINA | | |
| 12H45 | | ABDOS FESSIERS | AQUA WORK | PILATES | | ZUMBA EXTERIEUR | AQUA CIRCUIT TRAINING | CIRCUIT TRAINING | | |
| COACH | | KALOLINA | CAMILLE | ALEXANDRA | | ALEXANDRA | JULIE UGO | JONATHAN | | |
| 17H00 | | ABDOS FESSIERS | AQUA CARDIO BOXING | | | BODY SCULPT | AQUA ABDOS | | | |
| COACH | | JONATHAN | STEPHANE | | | SEBASTIEN | CAMILLE | | | |
| 18H00 | | PILATES | AQUA WORK | | | PILATES | AQUA CIRCUIT TRAINING | | | |
| COACH | | SEBASTIEN | JULIE | | | SEBASTIEN | JULIE | | | |
| 19H00 | | OUTDOOR BIKE | AQUA JUMP | | | YOGA DEBUTANT | AQUA WORK | | | |
| COACH | | JONATHAN | STEPHANE | | | KALOLINA | CAMILLE | | | |
| 20H00 | | STRETCHING | | | | | | | | |
| COACH | | SEBASTIEN | | | | | | | | |