S7 du 12/02 au 16 /02/ 18

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

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