S 22 du 27/05 au 01/06/19

SOCIÉTÉ DES BAINS DE MER

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

	LUNDI - MONDAY 27		MARDI - TUESDAY 28		MERCREDI - WEDNESDAY 29		JEUDI - THURSDAY 30		VENDREDI - FRIDAY 31		SATURDAY 1ER
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	FITNESS
7H45	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	AQUA WORK				AQUA CARDIO BOXING		
COACH	JULIE U			JONATHAN	BAPTISTE				ROMAIN		
8H45	AQUA WORK			BODY SCULPT	AQUA POSTURAL				AQUA ABDOS		
COACH	ROMAIN			JONATHAN	JULIE				JULIE U		
9H45	AQUA POSTURAL			PILATES	AQUA CIRCUIT TRAINING	BODY SCULPT	BANK HOLIDAY		AQUA JUMP		BODY SCULPT EXTERIEUR
COACH	JULIE U			KALOLINA	BAPTISTE	ALESSANDRA			ROMAIN		ZAKARI
10H45				YOGA DEBUTANT		YOGA INTER					STRETCHING EXTERIEUR
COACH				KALOLINA		KALOLINA					ZAKARI
12H45		ABDOS FESSIERS	AQUA WORK	CARDIO RENFO		ZUMBA				PILATES	
COACH		SEBASTIEN	JULIE U	SEBASTIEN		ALESSANDRA				SEBASTIEN	
17H00		BODY SCULPT	AQUA WORK			POSTURAL TRAINING	BANK HOLIDAY			CIRCUIT TRAINING	
COACH		JONATHAN	JULIE			JONATHAN				NATHALIE	
18H00		PILATES	AQUA JUMP	CIRCUIT TRAINING		BODY SCULPT				ABDOS FESSIERS	
COACH		KALOLINA	ROMAIN	ZAKARI		JONATHAN				NATHALIE	
19H00		OUTDOOR BIKE	AQUA CARDIO BOXING	POSTURAL TRAINING		PILATES				STRETCHING	
COACH		NATHALIE	JULIE	ZAKARI		ALESSANDRA				SEBASTIEN	
20H00		STRETCHING									
COACH		NATHALIE									