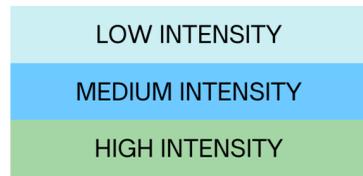


INTENSITY OF POOL CLASSES



THERMES MARINS
MONTE CARLO

GROUP CLASSES SCHEDULE

BOOKING REQUIRED

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS
7:15 - 8:00					NATATION							
8:15 - 9:00	AQUA ABDOS			GLOBAL TRAINING	AQUA BODY			GLOBAL TRAINING	AQUA BODY			
8:45 - 9:00		YOGA (1h15 class)										
9:15 - 10:00	AQUA TABATA			MAT PILATES	AQUA FIGHT	MAT PILATES		MAT PILATES	AQUA ABDOS	MAT PILATES	AQUA ABDOS-TABATA	YOGA (1h15 class)
10:15 - 11:00	AQUA ZEN	THIGHS ABS GLUTES	AQUA BODY	STRETCHING	AQUA ZEN	YOGA		STRETCHING	AQUA ZEN	YOGA		YOGA (1h15 class)
10:45 - 11:30												YOGA (1h15 class)
11:30 - 12:00												
12:45 - 13:30	NATATION	CIRCUIT TRAINING	AQUA FIGHT	CARDIO TRAINING		THIGHS ABS GLUTES	AQUA ABDOS	MAT PILATES	AQUA FIGHT	RENFO MUSCULAIRE		
13:00 - 13:45												
17:15 - 18:00		MAT PILATES	AQUA ABDOS	GLOBAL TRAINING		MAT PILATES	AQUA ZEN	GLOBAL TRAINING				
18:15 - 19:00		STRETCHING	AQUA CIRCUIT TRAINING	MAT PILATES		STRETCHING	AQUA TABATA	STRETCHING				
19:15 - 20:00							NATATION					