

GROUP CLASSES SCHEDULE

BOOKING REQUIRED

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			RENFO TRAINING	AQUA BODY			THIGHS ABS GLUTES	AQUA MOVE			
8:45 - 9:00		YOGA (1h15 class)										
9:15 - 10:00	AQUA TABATA		MAT PILATES		MAT PILATES	AQUA FIGHT	YOGA		MAT PILATES	AQUA ABDOS	YOGA	AQUA BODY
10:15 - 11:00	AQUA ZEN	MAT PILATES	AQUA BODY	STRETCHING	AQUA ZEN	MAT PILATES		STRETCHING	AQUA ZEN	MAT PILATES		YOGA (1h15 class)
11:15 - 12:00												
12:15 - 13:00		CIRCUIT TRAINING 1										
12:45 - 13:30	NATATION		AQUA FIGHT	CARDIO TRAINING		THIGHS ABS GLUTES	AQUA ABDOS	MAT PILATES	AQUA BODY	RENFO MUSCULAIRE		
13:00 - 13:45		CIRCUIT TRAINING 2										
17:15 - 18:00		MAT PILATES	AQUA ABDOS	YOGA		MAT PILATES	AQUA ZEN	YOGA				
18:15 - 19:00		STRETCHING	AQUA CIRCUIT TRAINING	MAT PILATES		STRETCHING	AQUA TABATA	MAT PILATES				
19:15 - 20:00							NATATION					