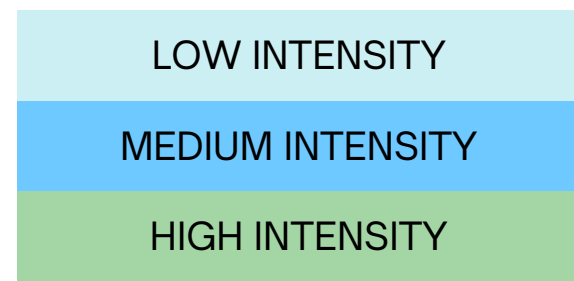


INTENSITY OF POOL CLASSES



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	
10:15 - 11:00	AQUA ZEN	THIGHS ABS GLUTES	AQUA BODY	STRETCHING	AQUA ZEN	YOGA (1h15 class)		STRETCHING	AQUA ZEN	YOGA (1h15 class)		
10:45 - 11:30												
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					