THERMES MARINS
MONTE · CARLO

GROUP CLASSES SCHEDULE

RESERVATIONS ARE REQUIRED FOR FITNESS CLASSES

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
7h15					NATATION							
8h00												
8h15	AQUA ABDOS			GLOBAL TRAINING	AQUA BODY			GLOBAL TRAINING	AQUA BODY			
8h30												
8h45												
9h00												
9h15	AQUA TABATA	YOGA (1h15 class)		MAT PILATES	AQUA FIGHT	MAT PILATES		MAT PILATES	AQUA ABDOS	MAT PILATES	AQUA ABDOS-TABATA	YOGA
9h30												
9h45												
10h00												
10h15	AQUA ZEN	THIGHS ABS GLUTES	AQUA CIRCUIT TRAINING	STRETCHING	AQUA ZEN	YOGA (1h15 class)		STRETCHING	AQUA ZEN	YOGA (1h15 class)		YOGA
10h30												
10h45												
11h00												
11h15												
11h30												
12h45	NATATION	CIRCUIT TRAINING	AQUA FIGHT	CARDIO TRAINING		THIGHS ABS GLUTES	AQUA ABDOS	MAT PILATES	AQUA BODY	RENFO MUSCULAIRE		
13h00												
13h30												
17h15		MAT PILATES	AQUA ABDOS	GLOBAL TRAINING		MAT PILATES	AQUA ZEN	GLOBAL TRAINING				
18h00												
18h15		STRETCHING	AQUA TABATA	MAT PILATES		STRETCHING	AQUA CIRCUIT TRAINING	STRETCHING				
19h00												
19h15							NATATION					
20h00												

INTENSITY OF POOL CLASSES		
LOW INTENSITY	MEDIUM INTENSITY	HIGH INTENSITY