à partir du 11 OCTOBRE 2021

SOCIÉTÉ DES BAINS DE MER

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE

MOYENNE INTENSITE

HAUTE INTENSITE

	LUNDI - MONDAY		MARDI - TUESDAY		MERCREDI - WEDNESDAY		JEUDI - THURSDAY		VENDREDI - FRIDAY		
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE		PISCINE	FITNESS	PISCINE	FITNESS	
8H15	AQUA WORK			BODY SCULPT	AQUA ABDOS			ABDOS FESSIERS	AQUA BOXING		
COACH											
9H15	AQUA ABDOS			PILATES	AQUA WORK			BODY SCULPT	AQUA JUMP		
COACH											
10H15	AQUA POSTURAL			STRETCHING	AQUA POSTURAL			PILATES	AQUA POSTURAL		
COACH											
12H45		PILATES	AQUA WORK			ABDOS FESSIERS	AQUA ABDOS			BODY SCULPT	
COACH											
17H30		BODY SCULPT	AQUA ABDOS			PILATES	AQUA POSTURAL			ABDOS FESSIERS	
COACH											
18H30		PILATES	AQUA BOXING	MIND MANAGEMENT 30' Gilles		STRETCHING	AQUA WORK			BODY SCULPT	
COACH											