S 46 du 11/11 au 16/11/19

SOCIÉTÉ DES BAINS DE MER

THERMES MARINS MONTE-CARLO

FAIBLE INTENSITE
MOYENNE INTENSITE
HAUTE INTENSITE

	LUNDI - MONDAY 11		MARDI - TUESDAY 12		MERCREDI - WEDNESDAY 13		JEUDI - THURSDAY 14		VENDREDI - FRIDAY 15		SATURDAY 16
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	FITNESS
7H45	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	AQUA WORK			BODY SCULPT	AQUA CARDIO BOXING		
COACH	ROMAIN			ROXANE	JULIE U			JONATHAN	BAPTISTE		
8H45	AQUA WORK			BODY SCULPT	AQUA POSTURAL			PILATES	AQUA ABDOS		
COACH	BAPTISTE			ROXANE	CAMILLE			SEBASTIEN	JULIE U		
9H45	AQUA POSTURAL			PILATES	AQUA CIRCUIT TRAINING	BODY SCULPT		ABDOS FESSIERS	AQUA JUMP		BODY SCULPT
COACH	ROMAIN			ALESSANDRA	JULIE U	ROXANE		JONATHAN	BAPTISTE		MARC
10H45				STRETCHING		YOGA		STRETCHING			STRETCHING
COACH				ALESSANDRA		ALESSANDRA		SEBASTIEN			MARC
12H45		ABDOS FESSIERS	AQUA WORK	CIRCUIT TRAINING		ZUMBA	AQUA CIRCUIT TRAINING	CARDIO RENFO		PILATES	
COACH		SEBASTIEN	JULIE	JONATHAN		ALESSANDRA	CAMILLE	SEBASTIEN		MARC	
17H00		BODY SCULPT	AQUA WORK			POSTURAL TRAINING	AQUA ABDOS			ABDOS FESSIERS	
COACH		JONATHAN	CAMILLE			MARC	ROMAIN			JONATHAN	
18H00		PILATES	AQUA JUMP	ABDOS FESSIERS		BODY SCULPT	AQUA CIRCUIT TRAINING			CIRCUIT TRAINING	
COACH		SEBASTIEN	BAPTISTE	ROXANE		MARC	JULIE U			JONATHAN	
19H00		STRETCHING	AQUA ABDOS	OUTDOOR BIKE		PILATES	AQUA WORK			STRETCHING	
COACH		JONATHAN	CAMILLE	JONATHAN		MARC	ROMAIN			MARC	
20H00											
COACH											