



THE CLUB'S ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Padel 9 am - 7:30 pm					Tournaments Beginners 10:30 AM-12:00 PM Advanced 4:30 PM-6:00 PM	
Ping Pong & Babyfoot 9 am - 8 pm						
		Pilates on the mat 9 am - 10 am (1h)	Hata Yoga & Sound Helling 9 am - 10:30 am (1h30)	Circuit training 9 am - 10 am (1h)	Vinyasa flow yoga 9 am - 10 am (1h)	Special Abs and Glutes 9 am - 10 am (1h)
Snorkeling 3 pm-4 pm		Water bike 11am-11:45am	Diving Competition 3 pm-4 pm		Aqua Dance 10:30 am - 11:15 am	
Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm	Kids Club by Petit VIP 10 am - 6 pm

We also offer lessons with a coach

(Group and individual padel lessons, coached padel sessions, and individual wellness sessions)

The Monte-Carlo Beach reserves the right to modify the schedule in case of adverse weather conditions.