



THE CLUB'S ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Padel 9 am - 7:30 pm				Beginners tournament 10:30 am - 12 pm		
				Expert tournament 4:30 pm - 6 pm		
Ping Pong & Babyfoot 9 am - 6:30 pm						
Pilates on the mat 10 am - 11 am (1h)		Circuit training 10 am - 11 am (1h)		Hata yoga Sound Healing 10 am - 11:30 am (1h30)		Vinyasa flow yoga 10 am - 11 am (1h)
						Special Abs and Glutes 9:30 am - 10:30 am (1h)
					Aqua Dance 11 am - 11:45 am (45min)	
				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.