



THERMES MARINS MONTE-CARLO

AU 03 JANVIER 2022

SOCIÉTÉ DES BAINS DE MER

FAIBLE INTENSITE

MOYENNE INTENSITE

HAUTE INTENSITE

	LUNDI - MONDAY		MARDI - TUESDAY		MERCREDI - WEDNESDAY		JEUDI - THURSDAY		VENDREDI - FRIDAY	
	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS
8H15	AQUA WORK			HIIT 30'+ 15' ABDOS	AQUA ABDOS			CARDIO TRAINING	AQUA BOXING	
9H15	AQUA ABDOS			MOBILITE + RENFO MUSCULAIRE	AQUA WORK			PILATES DEB/INTER	AQUA WORK	
10H15	AQUA POSTURAL			PILATES DEB/INTER	AQUA POSTURAL			POSTURAL/ STRETCHING	AQUA POSTURAL	
10H45		RENFO MUSCULAIRE								CUISSES/ ABDOS/FESSIERS
12H45		CARDIO TRAINING	AQUA WORK	RENFO MUSCULAIRE		CUISSES/ ABDOS/FESSIERS	AQUA ABDOS	PILATES INTERMEDIAIRE		HIIT 30'+ 15'ABDOS
17H30		HIIT 30' + 15' ABDOS	AQUA ABDOS	CARDIO TRAINING		PILATES DEB/ INTER	AQUA POSTURAL			CUISSES/ ABDOS/FESSIERS
18H30		PILATES INTERMEDIAIRE	AQUA BOXING	MIND MANAGEMENT 30' Gilles		POSTURAL/ STRETCHING	AQUA JUMP			RENFO MUSCULAIRE