



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM JANUARY 3rd 2022 - Except during bank holidays (in Monaco and France)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8H						
9H	FULL BODY WORKOUT 08:30 - 09:30AM / ALICIA	INTENSIVE CIRCUIT TRAINING 08:30 - 09:30AM / FARID	FULL BODY WORKOUT 08:30 - 09:30AM / FARID	FULL BODY WORKOUT 08:30 - 09:30AM / ALICIA	THIGHS - ABS - GLUTES 08:30 - 09:30AM / ALICIA	CIRCUIT TRAINING 09:00 - 10:00AM / BAPTISTE
10H	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	YOGA / Mrs. GASTAUD 09:30- 10:30AM	ABS STRETCHING 09:30 - 10:30AM / FARID	SPECIAL THIGHS - ABS - GLUTES 09:30- 10:30AM / ALICIA	OUTRACE* 09:30- 10:30AM / ALICIA	
11H						
12H						
13H	CIRCUIT TRAINING 12:30 - 01:20PM / ALICIA	YOGA / Mrs. GASTAUD 12:30 - 01:30PM	OUTRACE* 12:30 - 01:20PM / FARID	GENTLE GYM - STRETCHING 12:30 - 01:20PM / SANDRINE	ZUMBA® 12:30 - 01:20PM / SANDRINE	
14H						
15H						
16H						
17H						
18H	YOGA / Mrs. GASTAUD 06:30 - 07:30PM		ABS STRETCHING 06:30- 07:30PM / SANDRINE			
20H						

WEEKLY CLASSES INCLUDED IN THE FITNESS SUBSCRIPTION
 (15 classes/week minimum from September to June & 8 classes/week minimum in July and August)
2021-2022 ANNUAL FEE: 300€ FROM OCTOBER 1st 2021 TO SEPTEMBER 30th 2022 OR 13€ PER SESSION
 *OUTRACE SESSIONS: 3rd FLOOR PAVILLON DE LA BERGERIE - 6 PEOPLE MAXIMUM

"SPECIAL "CLASSES
FEE: 14€ PER SESSION

ALICIA 06.10.22.19.18	BAPTISTE 06.13.85.54.69	FARID 06.37.48.37.50	Mrs. GASTAUD 06.40.61.96.48	SANDRINE 06.31.64.99.59	RSW Manager Eric Hernandez 06.86.16.34.26
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