



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM JANUARY 9th 2023 - Except during bank holidays (in Monaco and France)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
08H							
09H	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
	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	No session on Jan. 17 & 24 YOGA / Mrs. GASTAUD 09:30- 10:30AM	OUTRACE* 09:30- 10:30AM / FARID	SPECIAL THIGHS - ABS - GLUTES 09:30- 10:30AM / ALICIA	PILATES STRETCHING 09:30 - 10:30AM / SANDRINE	OUTRACE* 09:30- 10:30AM / ALICIA	ABDOS STRETCHING 10:00- 11:00AM / BAPTISTE
11H							
12H		No session on Jan. 17 & 24 YOGA / Mrs. GASTAUD 11:50AM - 12:50PM					
13H	CIRCUIT TRAINING 12:30 - 01:20MM / ALICIA	FULL BODY WORKOUT 01:00 - 01:50 PM/ RACHID		GENTLE GYM - STRETCHING 12:30 - 01:20PM / SANDRINE	FIT DANCE 12:30 - 01:20PM / SANDRINE		
14H							
15H							
16H							
17H							
18H							
19H		CROSS TRAINING 06:30 - 07:30PM / RACHID					
20H				On Jan. 12, 19 & 26 07:35 - 08:35PM YOGA RELAX / KARINE 07:15 - 08:15PM			
WEEKLY CLASSES INCLUDED IN THE FITNESS SUBSCRIPTION (15 classes/week minimum from September to June & 8 classes/week minimum in July and August) 2022-2023 ANNUAL FEE: 300€ FROM OCTOBER 1st 2022 TO SEPTEMBER 30th 2023 OR 13€50 PER SESSION *OUTRACE SESSIONS: 3rd FLOOR PAVILLON DE LA BERGERIE - 6 PEOPLE MAXIMUM							
"SPECIAL "CLASSES FEE: 14€ PER SESSION							
Fitness coaches - group classes and personal training & Yoga teachers							
	ALICIA 06.10.22.19.18	BAPTISTE 06.13.85.54.69	FARID 06.37.48.37.50	Mme GASTAUD 06.40.61.96.48	KARINE 06.27.96.61.50	RACHID 06.29.61.70.65	SANDRINE 06.31.64.99.59
Fitness coach - personal training only SYLVAIN: 06.78.96.74.94							
RIVIERA SPORT WELLNESS MANAGERS - Eric HERNANDEZ : 06.86.16.34.26 & Fabien LEFAUCHEUX: 06.72.54.15.58							