



## FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



**FROM AUGUST 15th TO 31st 2022 - Except during bank holidays (in Monaco and France)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8H							
9H	<b>FULL BODY WORKOUT</b> 08:30 - 09:30AM NATHANAEL / BAPTISTE	<b>INTENSIVE CIRCUIT TRAINING</b> 08:30 - 09:30AM NATHANAEL / BAPTISTE	<b>FULL BODY WORKOUT</b> 08:30 - 09:30AM NATHANAEL / BAPTISTE		<b>THIGHS - ABS - GLUTES</b> 08:30 - 09:30AM NATHANAEL / BAPTISTE	<b>CIRCUIT TRAINING</b> 09:00 - 10:00AM NATHANAEL / BAPTISTE	
	<b>FIT'N'RYTHM</b> 09:30 - 10:30AM NATHANAEL / BAPTISTE	<b>OUTRACE*</b> 09:30- 10:30AM NATHANAEL / BAPTISTE	<b>ABS STRETCHING</b> 09:30 - 10:30AM NATHANAEL / BAPTISTE		<b>OUTRACE*</b> 09:30- 10:30AM NATHANAEL / BAPTISTE	<b>ABS STRETCHING</b> 10:00- 11:00AM NATHANAEL / BAPTISTE	
11 H							
12 H							
13 H				<b>GENTLE GYM - STRETCHING</b> 12:30-01:20 PM / SANDRINE	<b>ZUMBA</b> 12h30-13h20 / SANDRINE		
14 H							
15 H							
16 H							
17 H							
18 H							
19 H							
20H							
<b>WEEKLY CLASSES INCLUDED IN THE FITNESS SUBSCRIPTION</b> (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							
<b>"SPECIAL "CLASSES</b> <b>FEE: 14€ PER SESSION</b>							
	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	NATHANAEL 07.89.02.07.35	SANDRINE 06.31.64.99.59
RIVIERA SPORT WELLNESS MANAGERS - Eric HERNANDEZ : 06.86.16.34.26 & Fabien LEFAUCHEUX: 06.72.54.15.58							