

**PLANNING FITNESS at MONTE-CARLO COUNTRY CLUB**

Only reserved to MCCC members starting from **May 14th, 2018** except during bank holidays (France and Monaco)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8H00 - 8H30 Discovery Session Alicia	8H00 - 9H00 Discovery Session FARAH
8H30 - 9H30 FITNESS TRAINING	8H30 - 9H30 CIRCUIT TRAINING	8H30 - 9H30 TOTAL BODY WORKOUT	8H30 - 9H30 BODY SCULPT	8H30 - 9H30 THIGHS/GLUTES/ABS	
9H30 - 10H30 FIT'N'RYTHM	9H30 - 10H30 YOGA	9H30 - 10H30 POSTURE WELLNESS	9H30 - 10H30 ELASTIC CLASS THIGHS/GLUTES/ABS	9H30 - 10H30 BODY SCULPT	9H30 - 10H30 HIIT TRAINING
10H45 - 11H45 Discovery Session Alicia	10H30 - 11H30 Discovery Session Kevin	10H45 - 11h15 Discovery Session - Farid	10H45 - 11h15 Discovery Session - Alicia		10H30 - 11H30 PILATES STRETCHING
	11H30 - 12H30 STRENGHT. ABS STRETCHING				
	12H30 - 13H30 YOGA				
			16H30 - 17H30 Discovery Session FARID		
	17H45 - 18H45 FULL BODY	17H15 - 17h45 Discovery Session - Kevin	17H45 - 18H45 CROSS TRAINING		
18H30 - 19H30 YOGA	18H45 - 19H45 BIKING	18H - 19H ABS/STRETCHING	18H45 - 19H45 BIKING		

Bank Holidays and Vacations : group sessions proposed only when reserved 24H in advance (minimum 4 people/session)

Sunday: possibility of Fitness Activities on reservation only

Green background: free discovery sessions and usage of the appliances in the fitness room

For further information please contact Riviera Sports Wellness manager : Eric HERNANDEZ 06 86 16 34 26

Hélène 04 93 41 30 15

Kevin 06 89 50 49 00

Farid 06 37 48 37 50

Alicia 06 10 22 19 18

Farah 06 49 20 68 29