



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM MAY 2ND 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 / ALICIA	THIGHS - ABS - GLUTES 08:30 - 09:30AM / ALICIA	
	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	YOGA / Mrs. GASTAUD 09:30 - 10:30AM	OUTRACE* 09:30 - 10:30AM / FARID	ABS STRETCHING 09:30 - 10:30AM / FARID	SPECIAL THIGHS-ABS-GLUTES 09:30- 10:30AM / ALICIA	ABS STRETCHING 09:30 - 10:30AM / SANDRINE
					OUTRACE* 09:30 - 10:30AM / ALICIA	ABDOS STRETCHING 10:00- 11:00AM / BAPTISTE
11 H						
12 H		YOGA / Mrs. GASTAUD 12 noon - 01:00PM				
13 H	CIRCUIT TRAINING 12:30 - 01:20PM / ALICIA			GENTLE GYM - STRETCHING 12:30 - 01:20PM / SANDRINE	ZUMBA® 12:30 - 01:20PM / SANDRINE	
		FULL BODY WORKOUT 01:00 - 01:50PM / NATHANAEL				
14 H						
15 H						
16 H						
17 H						
18 H						
19 H	FROM MAY 9TH YOGA / Mrs. GASTAUD 06:30 - 07:30PM	CROSS TRAINING 06:30- 07:30PM / NATHANAEL	ABS STRETCHING 06:30- 07:30PM / SANDRINE			
20H				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) 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	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						