



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM DECEMBER 20th TO JANUARY 1st 2022 - Except during bank holidays (in Monaco and France)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8H						NO CLASSES ON DEC. 25th 2021 & JAN. 1st 2022 (BANK HOLIDAYS)
9H	FULL BODY WORKOUT 08:30 - 09:30AM / ALICIA	INTENSIVE CIRCUIT TRAINING 08:30 - 09:30AM / FARID	FULL BODY WORKOUT 08:30 - 09:30AM / SANDRINE ON DEC. 22nd ALICIA ON DEC. 29th	FULL BODY WORKOUT 08:30 - 09:30AM / ALICIA	THIGHS - ABS - GLUTES 08:30 - 09:30AM / SANDRINE ON DEC. 24th ALICIA ON DEC. 31st	
10H	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	ON DEC. 21st ONLY YOGA / Mrs. GASTAUD 09:30- 10:30AM	ABS STRETCHING 09:30 - 10:30AM / SANDRINE ON DEC. 22nd ALICIA ON DEC. 29th	SPECIAL THIGHS - ABS - GLUTES 09:30- 10:30AM / ALICIA	OUTRACE* 09:30- 10:30AM / SANDRINE ON DEC. 24th ALICIA ON DEC. 31st	FROM JAN. 8th 2022 ABS STRETCHING 10:00- 11:00AM / BAPTISTE
11H						
12H						
13H	CIRCUIT TRAINING 12:30 - 01:20PM / ALICIA	ON DEC. 21st ONLY YOGA / Mrs. GASTAUD 12:30 - 01:30PM	OUTRACE* 12:30 - 01:20PM / FARID	GENTLE GYM - STRETCHING 12:30 - 01:20PM / SANDRINE ON DEC. 23rd ALICIA ON DEC. 30th		
14H						
15H						
16H						
17H						
18H	ON DEC. 20th ONLY YOGA / Mrs. GASTAUD 06:30 - 07:30PM		ON DEC. 22nd ONLY ABS STRETCHING 06:30- 07:30PM / SANDRINE			
20H						

WEEKLY CLASSES INCLUDED IN THE FITNESS SUBSCRIPTION
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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