



# FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



**FROM JULY 4th TO 31st 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 / FARID	FULL BODY WORKOUT 08:30 - 09:30AM / ALICIA	THIGHS - ABS - GLUTES 08:30 - 09:30AM / ALICIA	CIRCUIT TRAINING 09:00 - 10:00AM / NATHANAEL
	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	Until July 26th included 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	OUTRACE* 09:30- 10:30AM / ALICIA
						ABDOS STRETCHING 10:00- 11:00AM / NATHANAEL
11H						
12H		Until July 26th included YOGA / Mrs. GASTAUD 12 noon - 01:00PM				
13H		FULL BODY WORKOUT 01:00 - 01:50 PM / NATHANAEL				
14H						
15H						
16H						
17H						
18H						
19H	Until July 25th included YOGA / Mrs. GASTAUD 06:30 - 07:30PM	CROSS TRAINING 06:30 - 07:30PM / NATHANAEL		Until July 21st included YOGA RELAX / KARINE 07:15 - 08:15		
20H						
<p><b>WEEKLY CLASSES INCLUDED IN THE FITNESS SUBSCRIPTION</b>            (15 classes/week minimum from September to June &amp; 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</p>						
<p><b>"SPECIAL "CLASSES</b>  <b>FEE: 14€ PER SESSION</b></p>						
	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
<p>RIVIERA SPORT WELLNESS MANAGERS - Eric HERNANDEZ : 06.86.16.34.26 &amp; Fabien LEFAUCHEUX: 06.72.54.15.58</p>						