



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM AUGUST 1st TO 14th 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 / BAPTISTE	
	FIT'N'RYTHM 09:30 - 10:30AM / ALICIA	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	ABS STRETCHING 10:00- 11:00AM / BAPTISTE	
11H							
12H							
13H	CIRCUIT TRAINING 12:30-01:20 PM / ALICIA	ON TUESDAY AUG. 9TH ONLY FULL BODY WORKOUT 12:30-01:20 PM PM / NATHANAEL		GENTLE GYM - STRETCHING 12:30-01:20 PM / SANDRINE	ZUMBA 12:30-01:20 PM / SANDRINE		
14H							
15H							
16H							
17H							
18H							
19H							
20H							
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							