



FITNESS PLANNING AT THE MONTE-CARLO COUNTRY CLUB



FROM SEPTEMBER 12th 2022 - Except during bank holidays (in Monaco and France)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
08h								
09h	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	
10h	FIT'N'RHYTHM 09:30 - 10:30AM / ALICIA	FROM OCTOBER 4TH 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	PILATES STRETCHING 09:30 - 10:30AM / SANDRINE	OUTRACE* 09:30- 10:30AM / ALICIA	ABDOS STRETCHING 10:00- 11:00AM / BAPTISTE
11h								
12h		FROM OCTOBER 4TH YOGA / Mrs. GASTAUD 12 noon - 01:00PM						
13h	CIRCUIT TRAINING 12:30 - 01:20MM / ALICIA			GENTLE GYM - STRETCHING 12:30 - 01:20PM / SANDRINE	FIT DANCE 12:30 - 01:20PM / SANDRINE			
14h		FULL BODY WORKOUT 01:00 - 01:50 PM/ RACHID						
15h								
16h								
17h								
18h								
19h		CROSS TRAINING 06:30 - 07:30PM / RACHID						
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)
2022-2023 ANNUAL FEE: 300€ FROM OCTOBER 1st 2022 TO SEPTEMBER 30th 2023 OR 13€50 PER SESSION
 *OUTRACE SESSIONS: 3rd FLOOR PAVILLON DE LA BERGERIE - 6 PEOPLE MAXIMUM

"SPECIAL "CLASSES
FEE: 14€ PER SESSION

Fitness coaches - group classes and personal training & Yoga teachers						
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	RACHID 06.29.61.70.65	SANDRINE 06.31.64.99.59

Fitness coach - personal training only SYLVAIN: 06.78.96.74.94

RIVIERA SPORT WELLNESS MANAGERS - Eric HERNANDEZ : 06.86.16.34.26 & Fabien LEFAUCHEUX: 06.72.54.15.58