



PLANNING COURS COLLECTIFS

Du Lundi au Vendredi de 7h00 à 21h00 // Samedi de 9h00 à 14h00

Fermé le Dimanche

ECLUB MONACO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09.30	BODY WORK	C A F	BODY BARRE	STEP	BODY WORK	
10.15	C A F	STRETCHING	C A F	GYM DOUCE	STRETCHING	10.00 BODY TRAINING
12.15	BODY BARRE	BODY WORK	BODY TRAINING	ZUMBA	BIKING	10.45 C A F
13.15	C A F	CROSS TRAINING	FULL ABDOS	BODY BARRE	13h30 CIRCUIT TRAINING	
18.00	HIIT 30"	TABATA 30"	17.45 ZUMBA	17.45 C A F	CAPO FITNESS	
18.30	SHADOW BOXING	BODY BARRE	18.30 BIKING 60"	BODY BARRE	18H45 BODY WORK	
19.15	C A F	C A F		SHADOW BOXING		

