

# Cures Marines

TROUVILLE / SUR / MER

# The Purist

RETREAT & SPA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>08h30-09h00</b>	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy
	<b>ENERGY</b>						
<b>09h00-09h45</b>	<i>Beach training</i>	<i>Yoga energy</i>	<i>Beach Walk</i>	<i>T-A-B</i>	<i>Yoga energy</i>	<i>Beach Walk</i>	<i>Yoga energy</i>
<b>11h00-11h30</b>	Private coaching	Private coaching	Private coaching		Private coaching	Private coaching	
<b>11h00-12h00</b>				Sea Walk			Sea Walk
<b>11h30-12h00</b>	Aqua fitness	Aqua bike	Aqua fitness power		Aqua pilates	Aqua fitness	
<b>14h30-15h00</b>	Aqua bike	Aqua pilates	Aqua bike	Aqua pilates	Aqua bike	Aqua bike	
<b>15h00-16h30</b>	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	
<b>16h30-17h00</b>	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	
	<b>FOCUS &amp; RELAX</b>						
<b>18h00-18h45</b>	<i>Postural stretching</i>	<i>Meditation</i>	<i>Yoga relax</i>	<i>Pilates</i>	<i>Meditation</i>	<i>Yoga relax</i>	

Wellness activities included with Club Sport membership and all Cures Marines stays  
 Water activities - 25min - 30€ | Sea Walk - 50min - 40€ | Cryotherapy - 60€ | Private coaching - 50min - 90€