



Cures Marines  
MGALLERY TROUVILLE-SUR-MER

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10h00-11h00	Core & Flow <i>Yoga, Pilates, Stretching</i>	C-A-F	Beach Walk	Core & Flow <i>Yoga, Pilates, Stretching</i>	Cardio boxing
12h00-13h00	Aqua Bike	Sea Walk	Aqua Power <i>Aquagym tonique</i>	Aqua Bike	Aqua Pilates
17h00-18h00	Cardio Boxing	Circuit Training	Core & Flow <i>Yoga, Pilates, Stretching</i>	C-A-F	Core & Flow <i>Yoga, Pilates, Stretching</i>
18h00-19h00	Aqua Bike	Aqua Pilates	Aqua Power <i>Aquagym tonique</i>	Aqua Bike	Aqua Power <i>Aquagym tonique</i>

The Purist  
RETREAT & SPA