



Cures Marines
MGALLERY TROUVILLE-SUR-MER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10h00-11h00	Core & Flow <i>Yoga, Pilates, Stretching</i>	A-G-T <i>Abs-Glutes-Thighs</i>	Beach Walk	Core & Flow <i>Yoga, Pilates, Stretching</i>	Cardio boxing
12h00-13h00	Aqua Bike	Sea Walk	Aqua Power <i>Tonic aquagym</i>	Aqua Bike	Aqua Pilates
17h00-18h00	Cardio Boxing	Circuit Training	Core & Flow <i>Yoga, Pilates, Stretching</i>	A-G-T <i>Abs-Glutes-Thighs</i>	Core & Flow <i>Yoga, Pilates, Stretching</i>
18h00-19h00	Aqua Bike	Aqua Pilates	Aqua Power <i>Tonic aquagym</i>	Aqua Bike	Aqua Power <i>Tonic aquagym</i>

The Purist
RETREAT & SPA