

Cures Marines

TROUVILLE / SUR / MER

The Purist

RETREAT & SPA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08h30-09h00	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy
09h00-10h00	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching
10h00-11h00	ENERGY						
	<i>Fit step</i>	<i>Yoga energy</i>	<i>Beach Walk</i>	<i>T-A-B</i>	<i>Yoga energy</i>	<i>Soft running</i>	<i>Yoga energy</i>
11h00-12h00				Sea Walk			Sea Walk
11h30-12h00	Aqua fitness	Aqua bike	Aqua fitness power		Aqua pilates	Aqua fitness	
14h00-14h30	Aqua pilates	Aqua pilates	Aqua pilates	Aqua pilates	Aqua pilates	Aqua pilates	
14h30-15h00	Aqua bike	Aqua bike	Aqua bike	Aqua bike	Aqua bike	Aqua bike	
15h00-16h30	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	
17h00-18h00	FOCUS & RELAX						
	<i>Postural stretching</i>	<i>Meditation</i>	<i>Yoga relax</i>	<i>Pilates</i>	<i>Meditation</i>	<i>Yoga relax</i>	
18h30-19h00	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	

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€