

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
09h00-09h30	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching	Private coaching
ENERGY							
09h30-10h00	<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	
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	
16h30-17h00	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	Cryotherapy	
FOCUS & RELAX							
18h00-18h30	<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€