

# Sports Programme

From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:00	Circuit training	Circuit training		Circuit training	Circuit training	Circuit training	Circuit training
09:15 - 10:00	Spinning	Spinning	Spinning	Spinning			
10:15 - 11:00	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
10:30 - 11:30	Yogalates		Yogalates				
11:00 - 12:00							Pilates
11:30 - 12:00		Outdoor Workout			Outdoor Workout		



Todas as atividades devem ser pré-agendadas com 48 horas de antecedência para evitar decepções.

Número de participantes limitado ao máximo de 10 pessoas apenas, quando no interior. Por favor, note que a aula de Yogalates está sujeita ao mínimo de 3 participantes para se realizar.

*All activities must be pre-booked 48 hours in advance to avoid disappointment.*

*Number of participants limited to maximum 10 only, when inside. Please note that the Yogalates class is subject to 3 participants.*

