

MONDAY

09h30 : Pilates! **(Private class!)**
10h30 : Pilates! **(Private class!)**
11h00 : Aqua-gym
12h15 : Aqua-gym
12h30 : Multicardio-Bike/Climb to music

18h30 : Body Sculpt + Step (1h1/2)
19h00 : Aqua-gym
19h30 : Cardio + All Body-Workout
(Bike/Climb/Weight-Traini/Abdo/Stretch)
20h00 : Salsa Dance-Cuban & L.A. Style
(All levels)

TUESDAY

** Child Care - 09h00 - 11h30 (6 months to 3 years) **

09h30 : Body Sculpt
10h30 : Zaine Stretching **(NEW)**
11h00 : Aqua-gym
12h15 : Aqua-gym
12h30 : Multicardio-Bike/Climb to music
12h30 : Total Body Toning **(NEW)**

18h30 : Swedish Gym (Hard) **(NEW)**
18h30 : All-Body 'Cardio' + Workout
19h00 : Aqua-gym
19h30 : Spinning (Cardio Biking)
19h30 : Sweat (Funk/Dance/Lat)
19h45 : Aqua-gym
20h30 : Pilates

WEDNESDAY

10h00 : Pilates! **(Private class!)**
11h15 : Soft Aqua-gym
12h15 : Soft Aqua-gym
12h30 : Multicardio-Bike/Climb to music
15h00 : **Junior Squash Games**

18h00 : Total Body Conditioning
(Low Impact/Muscle Toning/Stretching)
18h45 : Multicardio-Bike/Climb to music
19h00 : Aqua-gym
19h30 : Step Workout
19h45 : Abdo/Stretch Workout 15' (**)

THURSDAY

10h00 : Tennis Morning (1h1/2)
12h15 : Soft Aqua-gym
12h30 : Total Body Toning **(NEW)**
12h30 : Multicardio-Bike/Climb to music

18h15 : Body Sculpt
18h30 : Yoga (Maxi)
19h00 : Spinning-Bike to music
19h15 : Strength Stretching to music

FRIDAY

** Child Care - 09h00 - 11h30 (6 months to 3 years) **

09h30 : Pilates!
09h15 : All-Body 'Cardio' + Workout
(Bike/Basic Weight-Traini/Abdo/Stretch)
10h45 : Soft Aqua-gym
12h30 : Multicardio-Bike/Climb to music

18h30 : Swedish Gym (Hard)
19h00 : Squash Club Night Matches
19h30 : Aqua-gym

SATURDAY

09h45 : All-Body 'Cardio' + Workout
(Bike/Climb/Weight-Traini/Abdo/Stretch)
11h00 : Multicardio-Bike/Climb to music
11h00 : Squash Training
12h00 : Sculpt-N-Step Class (1h1/2)
13h-15h : **Junior Squash Games**

SUNDAY

10h00 : **Sporting Sunday (JUNIOR)**
12h30 : **(Squash/Tennis/Swimming...)**

11h15 : Power Spinning-Bike to music