FITNESS PROGRAM

Monday

11h30 : Aqua-Gym (pool)
12h15 : Aqua-Gym (pool)
12h30 : Multicardio-bike/climb to music
18h30 : Body Sculpt + Step(1/1/2h)
19h00 : Aqua-Gym (pool)
19h30 : Cardio + All Body-Workout (Bike/Climb/Weight/Abdo/stentch)
20h15 : Salsa Dance-Cuban & L.A. Style

Tuesday

09h15 : Body Sculpt
10h15 : Pilates (beginners)
11h30 : Aqua-Gym (pool)
12h15 : Aqua-Gym (pool)
12h30 : Multicardio-Bike/climb
18h00 :Young Stars Fitness Training
18h30 :Aerobic workout (maxi)
19h00 :Spinning
19h00 : Aqua-Gym (pool)
20h00 : Spinning (advance class)
10h00 – 11h30 : Tennis Ladies Training **New !!**

Wednesday

11h30 : Aqua-Gym (pool)
12h30 : Aqua-Gym (pool)
12h30 : Multicardio-Bike/Climb
15h00-17h00 Junior Club Squash
18h30 : Yoga – Pilates Balance
18h45 : Multicardio-Bike/Climb
19h00 : Aqua-Gym (pool)
19h30 : Step Workout
19h45 : Abdo/Stretch workout 15'(**) !

Thursday

10h15 : Pilates (beginners)
10h00 : Tennis Mornning (1/1/2h)
12h15 : Aqua-Gym (pool)
12h30 : Body sculpt
12h30 :Multicardio-bike/Climb
18h15 :Body Sculpt
19h00 :Spinning-Bike
19h15 :Strength stretching to music
20h00 :Candle-light Spinning

Friday

09h15 :All-Body Cardio+Workout
11h30 : Aqua-Gym (pool)
12h15 : Aqua-Gym (pool)
12h30 :Multicardio-Bike/Climb
19h00 :Squash Club night matches
19h30 : Aqua-Gym (pool)

Saturday & Sunday

9H30 :Body Sculpt + step
10h00 :All-Body Cardio +Abs+Bum
09h-11h :Junior Squash Club
11h00 :Spinning
11h00 :Squash Training(sq-players)
10h-12h30 :Sporting Sunday junior
11h00 :Power Spinning-Bike
12h00 :Tennis Teenagers Training(+14)
13h30 : Tennis Young Stars (age 10-13)
15-17h :Tennis Team Trainning *new memb*
15-17h :Tennis Ladies Competition

**GREEN : Only for junior global members ! (3 to 16 year olds)*