

Active program

fast forward



TO YOUR
ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30 – 10.15 MOBILITY	09.30 – 10.15 FIT WALKING	09.30 – 10.15 MOBILITY	09.30 – 10.15 FIT WALKING	09.30 – 10.15 POSTURAL GYM	09.30 – 10.15 TOTAL BODY	09.30 – 10.15 MOBILITY
10.30 – 11.15 YOGA	10.30 – 11.15 YOGA	10.30 – 11.15 YOGA	10.30 – 11.15 YOGA	10.30 – 11.15 YOGA	10.30 – 11.15 YOGA	10.30 – 11.15 YOGA
11.30 – 12.15 WATER GYM	11.30 – 12.15 HYDRO BIKE	11.30 – 12.15 WATER GYM	11.30 – 12.15 HYDRO BIKE	11.30 – 12.15 WATER GYM	11.30 – 12.15 WATER GYM	11.30 – 12.15 HYDRO BIKE
16.30 – 17.30 BEACH TENNIS	16.30 – 17.15 HYDRO BIKE	16.30 – 17.30 BEACH TENNIS	16.30 – 17.15 HYDRO BIKE	16.30 – 17.30 BEACH TENNIS	16.30 – 17.30 BEACH TENNIS	16.30 – 17.15 HYDRO BIKE
17.15 – 18.00 FITNESS TIME	17.15 – 18.00 TOTAL BODY	17.15 – 18.00 FITNESS TIME	17.15 – 18.00 TOTAL BODY	17.15 – 18.00 FITNESS TIME	17.15 – 18.00 TOTAL BODY	17.15 – 18.00 FITNESS TIME
18.00 – 18.45 YOGA	18.00 – 18.45 PILATES	18.00 – 18.45 YOGA	18.00 – 18.45 PILATES	18.00 – 18.45 YOGA	18.00 – 18.45 PILATES	18.00 – 18.45 YOGA

Stay Fit / Stay Active – Looking forward to seeing you!