

Sports Programme



From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 9:45	Body Maintenance	Body Maintenance	Pilates	Body Maintenance	Body Maintenance	Pilates	Body Maintenance
9:00 - 10:00	Spinning	Spinning		Spinning	Spinning		
10:00 - 10:45	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
10:00 - 13:00			Quarteira Market Trip			Loule Market Trip	
10:30 - 11:30	Spinning	Spinning		Spinning	Spinning		
10:30 - 13:30		Cliff Richards Winery					
11:30 - 12:30			Spinning 11:00-12:20				
13:00					Forum Algarve 13:00 - 17:00		
15:00 - 17:00					Ria Formosa Nature Trail Bike Ride		
18:30	Quiz in FS Bar 18:30 - 20:00						

When possible, please book in advance to avoid disappointment. In the case of a no-show for a reservation, a charge will be made if the booking is not cancelled in advance. To make your booking call 289357132 or Email : sports@fscqdl.com.

This programme may be subject to change without prior warning.

A full children's programme is available in the sports office.