

# Sports Programme

| From          | Monday           | Tuesday          | Wednesday                        | Thursday         | Friday                       | Saturday           | Sunday           |
|---------------|------------------|------------------|----------------------------------|------------------|------------------------------|--------------------|------------------|
| 09:15 - 10:00 | Spinning         | Spinning         | Spinning                         | Spinning         |                              |                    |                  |
| 09:15 - 10:00 | Circuit training | Circuit training |                                  | Circuit training | Circuit training             | Circuit training   | Circuit training |
| 10:15 - 11:00 | Aqua Fit         | Aqua Fit         | Aqua Fit                         | Aqua Fit         | Aqua Fit                     | Aqua Fit           | Aqua Fit         |
| 11:15 - 12:00 |                  |                  | Pilates                          |                  |                              | Pilates            |                  |
| 11:30 - 12:15 |                  | Outdoor Workout  |                                  |                  | Outdoor Workout              |                    |                  |
| 09:30 - 11:00 |                  |                  | Intermediate Cardio Padel Clinic |                  | Beginner Cardio Padel Clinic |                    |                  |
| 16:00 - 18:00 |                  | Tennis Clinic    | Padel Clinic                     |                  |                              |                    |                  |
| 11:00 - 11:45 |                  |                  |                                  |                  |                              | Kids Tennis Clinic |                  |



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

Sessões de aqua wellness fisioterapia estão disponíveis, para mais informações por favor, contacte o escritório de desportos.

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

*Aqua wellness physio sessions are available and for further information please contact the sports office.*

