

Sports Programme

From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:00	Spinning			Spinning			
10:15 - 11:00		Spinning	Spinning				
09:15 - 10:00	Circuit training	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.



Four Seasons
Country Club
QUINTA DO LAGO