



**INDOOR POOL. SAUNA. JACUZZI**

**SCHEDULE**

Monday to Friday: **7 am - 10 pm** | Saturday, Sunday e Bank Days **9 am - 9 pm**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning</b>	09:30 - 10:15 <b>Aqua Fitness</b> Ricardo M	09:30 - 10:15 <b>Body Pump</b>	07:30 - 08:15 <b>Cycling</b> Lílana	09:30 - 10:15 <b>GAP</b> (Gaites, Abs, Legs) Lílana	08:45 - 09:45 <b>Back Gymnastic</b> Luís	09:00 - 12:50 <b>Kids Swimming *</b> João G
	09:30 - 10:00 <b>Cx-Worx</b> Ricardo	10:15 - 11:15 <b>Body Balance</b>	09:30 - 10:00 <b>Cx-Worx</b> Luís		09:45 - 10:30 <b>Aquafitness</b> Ricardo M	09:30 - 10:15 <b>Sh'bam</b> Lílana
	10:00 - 10:45 <b>Body Attack</b> Lílana		10:15 - 11:00 <b>Pilates</b> Luís		10:00 - 10:50 <b>Cycling</b> Silvío	10:15 - 11:00 <b>GAP</b> (Gaites, Abs, Legs) Lílana
<b>Afternoon</b>	17:45 - 19:15 <b>Kids Swimming *</b> João G	18:00 - 21:00 <b>Kids Swimming *</b> Catarina	17:00 - 18:30 <b>Kids Swimming *</b> João G	18:00 - 21:00 <b>Kids Swimming *</b> Catarina	18:00 - 21:00 <b>Kids Swimming *</b> Timóteo	16:30 - 17:20 <b>SGA</b> Ana
	17:30 - 18:00 <b>Cx-Worx</b> Ricardo	18:00 - 18:45 <b>Power Jump</b> João	17:45 - 18:15 <b>Cx-Worx</b> Lílana	18:00 - 18:45 <b>GAP</b> (Gaites, Abs, Legs) Lílana	18:30 - 19:00 <b>Body Attack</b> Lílana	17:30 - 18:00 <b>Sprint</b> Silvío
	18:10 - 19:00 <b>Body Pump</b> Toni & Lílana	18:45 - 19:30 <b>Sh'bam</b> Lílana	18:25 - 19:15 <b>Body Pump</b> Lílana	18:00 - 18:45 <b>Zumba</b> Moisés	19:00 - 19:50 <b>Body Pump</b> João	
	19:10 - 20:00 <b>Body Combat</b> Courts Toni	19:00 - 19:30 <b>Cx-Worx</b> Luís	19:00 - 20:00 <b>Adults Swimming *</b> João G	18:45 - 19:30 <b>Power Jump</b> Marlene	19:00 - 20:00 <b>Functional Circuit</b> Lílana & Marçal	
	19:15 - 19:45 <b>Sprint</b> Estúdio 1 Silvío	19:30 - 20:15 <b>Body Attack</b> João	19:15 - 20:15 <b>Functional Circuit</b> Courts Luís & Marlene	19:30 - 19:30 <b>Cx-Worx</b> Luís	20:00 - 20:45 <b>Cycling</b> Studio 1 Paulo	
	19:15 - 20:00 <b>Adults Swimming *</b> João G	19:30 - 21:00 <b>Yoga *</b> Fernando	19:15 - 20:10 <b>Body Combat</b> Studio 1 Toni	19:30 - 20:30 <b>Yoga *</b> Studio 2 Fernando		
	20:00 - 20:45 <b>Aqua Fitness</b> Vera	20:20 - 21:20 <b>Ball Pilates</b> Studio 1 Luís	20:00 - 20:45 <b>Aqua Fitness</b> Indoor Pool Vera	19:30 - 20:00 <b>Hiit</b> Studio 1 Luís		
	20:00 - 20:30 <b>Hiit</b> Courts Luís		20:15 - 21:00 <b>Cycling</b> Studio 1 Moisés	20:10 - 21:00 <b>Body Balance</b> Studio 1 Luís		
	20:00 - 20:50 <b>Body Balance</b> Estúdio 1 Ana		20:20 - 21:15 <b>Stretching</b> Courts Yuri			
						10:30 - 11:30 <b>Cyling</b> Studio 1 Silvío