



FIT & FUN

ACTIVIDADES ACTIVITIES

	LUN / MON	MAR / TUE	MIÉ / WED	JUE / THU	VIE / FRI	SÁB / SAT	DOM / SUN
9:00	Boot Camp	Pilates	Boot Camp	Yoga	Boot Camp	Functional	TRX
10:00	TRX	Yoga	TRX	Pilates	TRX		
11:30	Aqua Fit Piscina	Aqua Fit Piscina	Aqua Fit Piscina	Aqua Fit Piscina	Aqua Fit Piscina	Aqua Fit Piscina	Aqua Fit Piscina
16:00	Zumba	Zumba	Zumba	Zumba	Zumba	Zumba	Zumba
17:00	Pilates	Boot Camp	G.A.P.	Boot Camp	Pilates	G.A.P.	Boot Camp
18:00	Yoga	TRX	Stretching	TRX	Yoga		