

## GROUP ACTIVITES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8h	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
9h	Body Dynamics	Dance Class	Body Dynamics	Fitball	Dance Class		Workout Circuit
10h	Hydro Ball	Hydro Strength	Hydro Circuit	Hydro Fight	Hydro gap	Hydro Movement	Hydro Floating
11h	Hydro Ball	Hydro Strength	Hydro Circuit	Hydro Fight	Hydro gap	Hydro Movement	Hydro Floating
12h							
13h							
14h							
15h		Stretching		Stretching	Yoga	Pilates	
16h							
17h	Meditation		Yoga				