

MORNING

MONDAY	
09:30 - 10:15	Pool Aqua Fitness Ricardo M
09:30 - 10:00	Studio 1 Cx-Worx Ricardo
10:00 - 10:45	Studio 1 Body Attack Liliana

TUESDAY	
09:30 - 10:15	Studio 1 Body Pump Liliana
10:15 - 11:15	Studio 1 Body Balance Luís

WEDNESDAY	
09:30 - 10:00	Studio 1 Cx-Worx Ricardo
10:15 - 11:00	Studio 1 Pilates Luís

THURSDAY	
07:30 - 08:15	Studio 1 Cycling Sílvia
09:30 - 10:15	Studio 1 GAP Liliana
10:15 - 11:00	Studio 1 Zumba Liliana

FRIDAY	
09:30 - 10:15	Pool Hidroginástica Ricardo M
09:30 - 10:30	Studio 1 Back Gymnastic Luís
10:30 - 11:30	Studio 1 Cycling Sílvia

SATURDAY	
09:00 - 12:50	Pool Kids Swimming Class* Rubina
09:30 - 10:15	Studio 1 GAP Liliana
10:15 - 11:00	Studio 1 Sh'bam Liliana
11:00 - 13:10	Studio 1 Ballet Crianças* Joana

AFTERNOON

17:45 - 19:15	Pool Kids Swimming Class* Rubina
17:30 - 18:00	Studio 1 Cx-Worx Ricardo
18:10 - 19:00	Studio 1 Body Pump Liliana & Tony
19:10 - 20:00	Courts Body Combat Tony
19:10 - 20:00	Studio 1 Spinning Sílvia
19:15 - 20:00	Pool Adults Swimming Class* Rubina
20:00 - 20:45	Pool Aqua Fitness Vera
20:00 - 20:30	Courts Grit Luís
20:10 - 21:00	Studio 1 Body Balance Ana

18:00 - 21:00	Pool Kids Swimming Class* Catarina
18:00 - 18:45	Studio 1 Power Jump João
18:45 - 19:30	Studio 1 Sh'bam Liliana
19:00 - 19:30	Courts Cx-Worx Luís
19:30 - 20:15	Box ORC Box Training Luís & Nuno
19:30 - 20:15	Studio 1 Body Attack Liliana & João
19:30 - 20:15	Courts Stretching Yuri
19:30 - 20:30	Galo Yoga Fernando
20:20 - 21:20	Studio 1 Ball Pilates Luís

17:45 - 18:15	Studio 1 Cx-Worx Liliana
18:25 - 19:15	Studio 1 Body Pump Liliana
19:00 - 20:00	Pool Adults Swimming Class* Rubina
19:00 - 20:00	Old Courts Jiu-Jitsu Kids* Góis
19:15 - 20:15	Courts Functional Circuit Luís & Nuno
19:15 - 20:10	Studio 1 STEP Mónica
20:00 - 20:45	Pool Aqua Fitness Vera
20:15 - 21:00	Studio 1 Cycling Moisés

18:00 - 21:00	Pool Kids Swimming Class* Rubina
18:00 - 18:45	Studio 1 GAP Liliana
18:30 - 19:20	Galo Ballet Kids* Joana
18:45 - 19:30	Studio 1 Power Jump Diliana
19:00 - 19:30	Courts Cx-Worx Luís & Liliana
19:30 - 20:15	Courts Body Combat Tony
19:30 - 20:30	Galo Yoga Fernando
19:40 - 20:10	Studio 1 Grit Strength Luís
20:20 - 21:15	Studio 1 Body Balance Luís

18:00 - 21:00	Piscina Kids Swimming Class* Rubina
18:30 - 19:00	Studio 1 Body Attack Liliana & João
19:00 - 20:00	Courts Functional Circuit Luís & Nuno
19:00 - 20:00	Old Court Jiu-Jitsu Kids* Góis
19:10 - 20:00	Studio 1 Spinning Paula
19:30 - 20:30	Galo Yoga Initiation* Fernando
20:10 - 21:00	Studio 1 Body Pump João

16:30 - 17:20	Studio 1 SGA Ana
17:30 - 18:20	Studio 1 Cycling Sílvia
18:30 - 19:30	Studio 1 Pilates Luís
18:00 - 20:30	Courts Team Sports

SUNDAY	
10:30 - 11:30	Studio 1 Cycling Sílvia

Feel the energy

■ Cardio
 ■ Dance
 ■ Mind, Body & Soul
 ■ Strength & Tonic
 ■ Core
 ■ Pool
 ■ Kids
 ■ Others

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