

SPORT SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

9 AM
— 9:30

Circuit Training	Energy Yoga	Beach Walk	A-G-T	Energy Yoga	Beach Walk	Circuit Training
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9:30 AM
— 10 AM

Aqua Fitness	Aqua Bike	Aqua Pilates	Aqua Fitness	Aqua Bike	Aqua Pilates
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10 AM
— 11 AM

Core & Flow	A-G-T	Beach Walk	Core & Flow	Circuit Boxing	Sea Walk
<i>Yoga, Pilates, Stretching</i>			<i>Yoga, Pilates, Stretching</i>		

12 PM
— 1 PM

Aqua Bike	Sea Walk	Aqua Power	Aqua Bike	Aqua Pilates
<i>Tonic aquagym</i>				

2:30 PM
— 3 PM

Aqua Fitness	Aqua Bike	Aqua Pilates	Aqua Fitness	Aqua Pilates	Aqua Bike
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4:30 PM
— 5 PM

Stretching	Meditation	Relax Yoga	Core & Flow	Meditation	Oxygen Boost
			<i>Yoga, Pilates, Stretching</i>		<i>Respirology</i>

5 PM
— 6 PM

Cardio Boxing	Circuit Training	Core & Flow	A-G-T	Core & Flow
		<i>Yoga, Pilates, Stretching</i>		<i>Yoga, Pilates, Stretching</i>

6 PM
— 7 PM

Aqua Bike	Aqua Pilates	Aqua Power	Aqua Bike	Aqua Power
		<i>Tonic aquagym</i>		<i>Tonic aquagym</i>

Hotel Guests Activities & 10-Session Pass

À la carte Activities & 10-Session Pass

Le Club Sport Activities & 10-Session Pass