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FITNESS & SPORTS ACTIVITIES

TIME - DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30	 STRETCHING	 YOGA	 PILATES	 MORNING GYM	 STRETCHING	 YOGA	 PILATES
10:45	 BOWLS	 TABLE TENNIS	 DARTS	 WATER PONG	 BOWLS	 TABLE TENNIS	 DARTS
11:15	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY
11:30	 WATER GYM	 AQUA FUSSION	 WATER GYM	 AQUA INTERVAL	 AQUA FUSSION	 WATER GYM	 AQUA FUSSION
12:00	 PATHOS GAME	 WATER DANCE	 PATHOS GAME	 WATER DANCE	 PATHOS GAME	 WATER DANCE	 PATHOS GAME
15:20	 WATER FOOSBALL	 WATER FOOSBALL	 WATER FOOSBALL	 WATER FOOSBALL	 WATER FOOSBALL	 WATER FOOSBALL	 WATER FOOSBALL
15:40	 LATIN SPLASH	 WATER PILATES	 AQUA BOX	 AQUA MIX	 LATIN SPLASH	 WATER PILATES	 AQUA BOX
16:30	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY	 BEACH VOLLEY
16:45	 PILATES	 STEP AEROBICS	 BALLI DI GRUPPO	 TAE BO	 PILATES	 STEP AEROBICS	 LATIN DANCE LESSONS