

# GROUP CLASSES SCHEDULE

RESERVATIONS ARE REQUIRED FOR FITNESS CLASSES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS
<b>7:15am</b>												
8:00am					NATATION							
<b>8:15am</b>												
8:30am	AQUA ABDOS			GLOBAL TRAINING	AQUA BODY			GLOBAL TRAINING	AQUA BODY			
<b>8:45am</b>												
9:00am		YOGA (1h15 class)										YOGA
<b>9:15am</b>												
9:30am	AQUA TABATA			MAT PILATES	AQUA FIGHT	MAT PILATES		MAT PILATES	AQUA ABDOS	MAT PILATES	AQUA ABDOS-TABATA	
9:45am												
10:00am												
<b>10:15am</b>												
10:30am	AQUA ZEN	THIGHS ABS GLUTES	AQUA BODY	STRETCHING	AQUA ZEN	YOGA (1h15 class)		STRETCHING	AQUA ZEN	YOGA (1h15 class)		YOGA
10:45am												
11:00am												
11:30am												
<b>12:45pm</b>												
1:00pm	NATATION	CIRCUIT TRAINING	AQUA FIGHT	CARDIO TRAINING		THIGHS ABS GLUTES	AQUA ABDOS	MAT PILATES	AQUA BODY	RENFO MUSCULAIRE		
1:30pm												
<b>5:15pm</b>												
6:00pm		MAT PILATES	AQUA ABDOS	GLOBAL TRAINING		MAT PILATES	AQUA ZEN	GLOBAL TRAINING				
<b>6:15pm</b>												
7:00pm		STRETCHING	AQUA CIRCUIT TRAINING	MAT PILATES		STRETCHING	AQUA TABATA	STRETCHING				
<b>7:15pm</b>												
8:00pm							NATATION					

INTENSITY OF POOL CLASSES

LOW INTENSITY      MEDIUM INTENSITY      HIGH INTENSITY