

INTENSITY OF POOL CLASSES

LOW INTENSITY

MEDIUM INTENSITY

HIGH INTENSITY

GROUP CLASSES SCHEDULE

BOOKING REQUIRED

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS	POOL	FITNESS
7:15 - 8:00					NATATION							
8:15 - 9:00	AQUA ABDOS			RENFO TRAINING	AQUA BODY			THIGHS ABS GLUTES	AQUA MOVE			
8:45 - 9:00		YOGA (1h15 class)										
9:15 - 10:00	AQUA TABATA			MAT PILATES	AQUA FIGHT	YOGA		MAT PILATES	AQUA ABDOS	YOGA	AQUA BODY	MAT PILATES
10:15 - 11:00	AQUA ZEN	THIGHS ABS GLUTES	AQUA BODY	STRETCHING	AQUA ZEN	MAT PILATES		STRETCHING	AQUA ZEN	MAT PILATES		YOGA (1h15 class)
11:15 - 12:00												
12:45 - 13:30	NATATION	CIRCUIT TRAINING	AQUA FIGHT	CARDIO TRAINING		THIGHS ABS GLUTES	AQUA ABDOS	MAT PILATES	AQUA BODY	RENFO MUSCULAIRE		
13:00 - 13:45												
17:15 - 18:00		MAT PILATES	AQUA ABDOS	YOGA		MAT PILATES	AQUA ZEN	YOGA				
18:15 - 19:00		STRETCHING	AQUA CIRCUIT TRAINING	MAT PILATES		STRETCHING	AQUA TABATA	MAT PILATES				
19:15 - 20:00							NATATION					