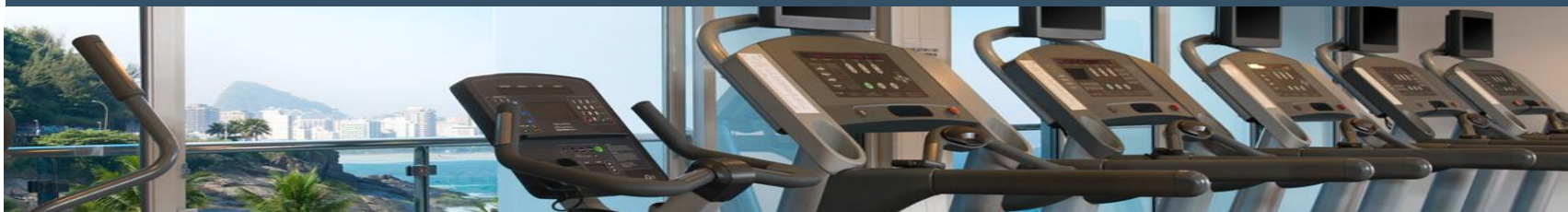


Programação de atividades de lazer
Leisure activities program



	Segunda Monday	Terça Tuesday	Quarta Wednesday	Quinta Thursday	Sexta Friday	Sábado Saturday	Domingo Sunday
6 H 6 AM	Trainer	Trainer	Trainer	Trainer	Trainer	xxx	xxx
7 H 7 AM	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>	Caminhada na Ciclovía <i>Bike Lane Walking</i>
8:30 H 8:30 AM	Pilates	Alongamento Stretching	Pilates	Alongamento Stretching	Pilates	Gap	Trainer
9:30 H 9:30 AM	Gap	Circuito Interno <i>Indoor Circuit</i>	Gap	Core class	Circuito Interno <i>Indoor Circuit</i>	Core class	Gap
10 H 10 AM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
11 H 11 AM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
12 H 12 PM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
13 H 1 PM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
14 H 2 PM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
15 H 3 PM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
15:30 H 03:30 PM	Circuito de Praia <i>Beach circuit</i>	Alongamento Stretching	Circuito de Praia <i>Beach circuit</i>	Gap	Circuito de Praia <i>Beach circuit</i>	Pilates	Beach training
16:30 H 04:30 PM	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>	Jogos de Praia <i>Beach Games</i>
18 H 6 PM	xxx	xxx	xxx	xxx	xxx	xxx	xxx
19 H 7 PM	Core class	Gap	Alongamento Stretching	Pilates	Alongamento Stretching	Gap	Core class
20 H 8 PM	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer	Trainer
21 H 9 PM	Trainer	Trainer	Trainer	Trainer	Trainer	xxx	xxx

Nos feriados, mantemos a programação de aulas do domingo.
On holidays, we keep the schedule of Sunday's classes.