




ESSENTIAL
 FITNESS & SPA



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 Golf & Spa

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ATIVIDADES
ACTIVITIES

PROGRAMA | PROGRAMME

AULAS GRUPO | GROUP CLASSES

	SEGUNDA / MONDAY	TERÇA / TUESDAY	QUARTA / WEDNESDAY	QUINTA / THURSDAY	SEXTA / FRIDAY
08:10	BODY TONE* (45min)	FOREVER STRONG* (45min)	BODY TONE* (45min)	FOREVER STRONG* (45min)	BODY TONE* (45min)
09:00	ABS & STRECH* (30min) / PILATES* (45min)	PILATES* (45min)	ABS & STRECH* (30min)	PILATES* (45min)	ABS & STRECH* (30min) / PILATES* (45min)
09:30	HIDROGINÁSTICA* AQUAEROBICS (45min)	HIDROGINÁSTICA* AQUAEROBICS (45min)	HIDROGINÁSTICA* AQUAEROBICS (45min)	HIDROGINÁSTICA* AQUAEROBICS (45min)	
09:45			YOGA (90min)		
10:00	ESSENTIAL PUMP* (45min)	ESSENTIAL PUMP* (45min) / FLEX GOLF TRAINING* (45min)	PILATES* (45min)	ESSENTIAL PUMP* (45min)	BODY & MIND* (45min)
11:00	ESSENTIAL CARDIO DANCE* (45min)	PILATES* (45min) / ESSENTIAL CARDIO LATINO* (30min)	ESSENTIAL PUMP* (45min)	PILATES* (45min)	ESSENTIAL CARDIO DANCE* (45min)
11:30			QI GONG* (60min)		
12:00		FOREVER STRONG* (45min)	ZUMBA* (45min)		FOREVER STRONG* (45min)
12:30		HIDROGINÁSTICA* AQUAEROBICS (45min)			HIDROGINÁSTICA* AQUAEROBICS(45min)
17:00	QI GONG (60min)	PILATES* (45min)		PILATES* (45min)	

 SALA BALANCE

08:30 18:00	TENNIS COURTS*
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*Incluido no membership gold / Included on gold membership