

## SPORTS PROGRAM SUMMER 2018

Date/hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-08:30	Morning Yoga	Morning Run	Morning Yoga	Morning Run	Morning Yoga	Morning Run	Morning Yoga
10:00-10:45	WOD	H.I.T	H.I.T	Bootcamp	Circuit Training	WOD	H.I.T
10:30-11:30	Spinning Age limit: 16	Spinning Age limit: 16			Spinning Age limit: 16		
12:00-12:30	Volleyboll	Aqua	Core	Aqua	Aqua	Aqua	Volleyboll
15:00-15:30	Core	Volleyboll	WOD	Core	WOD	Circuit training	Core
16:00-16:45	Circuit Training	WOD	Circuit Training	H.I.T	Cardio Intervals	Bootcamp	WOD
17:00-17:30	Stretch & Relax	Sunset Yoga	Stretch & Relax	Sunset Yoga	Stretch & Relax	Sunset Yoga	Stretch & Relax