

Monday

Tuesday

Wednesday

Thursday

Friday

07:00	Available on request 📍 1 pax 🕒 07:00 – 12:00	Pilates 📍 7 pax / 1 credit 🕒 07:00 – 08:00	Reformer 📍 4 pax / 2 credits 🕒 07:00 – 08:00	Functional Training 📍 7 pax / 1 credit 🕒 07:00 – 08:00	Pilates / Functional 📍 7 pax / 1 credit 🕒 07:00 – 08:00
08:00					
09:00		Pilates 📍 7 pax / 1 credit 🕒 08:15 – 09:15	Reformer 📍 4 pax / 2 credits 🕒 08:15 – 09:15	Functional Training 📍 7 pax / 1 credit 🕒 08:15 – 09:15	Wellness & Cardio group 📍 4 🕒 08:30 – 10:00
10:00		Pilates 📍 7 pax / 1 credit 🕒 09:30 – 10:30			
11:00				Seniors 📍 7 pax / 1 credit 🕒 10:00 – 11:00	
12:00		Aqua private 📍 1 pax 🕒 11:00 – 12:00		Aqua private 📍 1 pax 🕒 11:00 – 12:00	
13:00					
14:00					Available on request 📍 1 pax 🕒 13:00 – 19:00
15:00					
16:00	Private booking 📍 1 pax 🕒 15:15 – 16:15		Private booking 📍 1 pax 🕒 15:15 – 16:15		
17:00	Pilates 📍 7 pax / 1 credit 🕒 16:30 – 17:30	Reformer 📍 4 pax / 2 credits 🕒 16:30 – 17:30	Reformer 📍 4 pax / 2 credits 🕒 16:30 – 17:30	Reformer 📍 4 pax / 2 credits 🕒 16:30 – 17:30	
18:00	Pilates 📍 7 pax / 1 credit 🕒 18:00 – 19:00	Private booking 📍 1 pax 🕒 17:30 – 19:00	Functional Training 📍 7 pax / 1 credit 🕒 18:00 – 19:00	Private booking 📍 1 pax 🕒 17:30 – 19:00	
19:00					