

# Sports Program

## Programma sportivo

### Sportprogramm

MONDAY January 7	TUESDAY January 8	WEDNESDAY January 9	THURSDAY January 10	FRIDAY January 11	SATURDAY January 12	SUNDAY January 13
Brett	Josefine	Aida	Andrianna	Brett	Kate	Kate
10.00 Morning Walk Meet outside reception	10.00 Morning Walk Meet outside reception	10.00 Morning Walk Meet outside reception	10.00 Fitness X WoD At Multicourt	10.00 Morning Walk Meet outside reception	10.00 Morning Walk Meet outside reception	10.00 Morning Walk Meet outside reception
11.00 HIT At Multicourt	11.00 Aerobics At Multicourt	11.00 Pound At Multicourt	11.00 Mobility At Multicourt	11.00 Fitness Boxing at Multicourt	11.00 Circuits At Multicourt	11.00 Core (30 mins) at Multicourt
12.00 Fitness Boxing at Multicourt	12.00 Tabata (30 mins) at Multicourt	12.00 Core (30minutes) At Multicourt		12.00 Aqua Fitness At Pool	12.15 Spinning at mini multicourt please arrive 10 minutes prior to get your bike	
13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt	13.00 Social Football unsupervised at Multicourt
	15.00 Aqua Aerobics at Pool					
	16.00 Yin Yoga at Sala de Yoga with Christine	16.00 Liquid Vinyasa Flow at Sala de Yoga with Christine	16.00 Hatha Yoga at Sala de Yoga with Christine	16.00 Yin Yoga with singing bowl at Sala de Yoga with Christine		