



Sports programme Aqua Vista Sports

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
08:00	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
08:30	Social Walk / Run	Social Walk / Run	Social Walk / Run	Social Walk / Run	Social Walk / Run	Social Walk / Run	Social Walk / Run
09:00	Fitness X-Fit WOD	Fitness X-Fit WOD	Fitness X-Fit WOD	Fitness X-Fit WOD	Fitness X-Fit WOD	Fitness X-Fit WOD	Fitness X-Fit WOD
09:00	Core	Step	Step	Core	Step	Core	
10:00	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class
11:00	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	
12:00	Social Volleyball	Social Volleyball	Social Volleyball	Social Football	Social Volleyball	Social Football	Social Volleyball
15:00	Aqu Fun Class	Aqu Fun Class	Aqu Fun Class	Aqu Fun Class	Aqu Fun Class	Aqu Fun Class	Aqu Fun Class
16:00	Spinning	Spinning	Spinning	Spinning	Spinning	Spinning	Spinning
16:00	Crossfit or Functional	Crossfit or Functional	Crossfit or Functional	Crossfit or Functional	Crossfit or Functional	Crossfit or Functional	Crossfit or Functional
17:00	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class	Fitness class
17:00	Social Football	Social Basket	Social Football	Social Basket	Social Football	Social Basket	Social Football
18:00	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Swim*	09:00 Swimming		09:00 Swimming		09:00 Swimming		09:00 Swimming
Bike*		09:00 Bike 20 k		09:00 Bike 40 k		09:00 Bike 80 k	
Run	08:00 Run Around the facility		17:00 Run technique		17:00 Run		17:00 Run
Tennis	10:00 Social Tennis		10:00 Social Tennis		10:00 Social Tennis		
Padel		10:00 Social Padel		10:00 Social Padel		10:00 Social Padel	

*offered from 1 dec 2018

**Program is subject to changes.
Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.
The Sport Program is subject to change.**