



# GROUP CLASSES SCHEDULE



**MON TUE WED THU FRI SAT SUN**

					<b>Outdoor Boot camp</b> Nelson 6.30 - 7.30 am	
<b>Aerial Yoga</b> Susana 8 - 9 am	<b>Vinyasa Yoga</b> Susana 8 - 9 am	<b>Hatha Yoga</b> Gretha 8 - 9 am	<b>Vinyasa Yoga</b> Gretha 8 - 9 am	<b>Aerial Yoga</b> Susana 8 - 9 am	<b>Yin Yang Yoga</b> Susana 8 - 9 am	



**MON TUE WED THU FRI SAT SUN**

<b>Les mills Virtual classes*</b> 10 am-3 pm	<b>Les mills Virtual classes*</b> 10 am-3 pm	<b>Les mills Virtual classes*</b> 10 am-3 pm	<b>Les mills Virtual classes*</b> 10 am-3 pm	<b>Les mills Virtual classes*</b> 10 am-3 pm	<b>Les mills Virtual classes*</b> 10 am-3 pm	
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contact us for more information about the Les Mills virtual classes available



**MON TUE WED THU FRI SAT SUN**

	<b>Pilates</b> Annuschka 4.30 - 5.30 pm		<b>Pilates</b> Annuschka 4.30 - 5.30 pm			
<b>Aero Training</b> Nelson 6 - 6.45 pm		<b>Circuit</b> Tony 6 - 6.45 pm		<b>Cross Training</b> Nelson 6 - 6.30pm		



<p><b>Sala Gym:</b> Entrada Livre para hóspedes</p> <p><b>Aulas de Grupo</b> 750 Meticaís</p> <p><b>Passe Diário:</b> 500 Meticaís</p>	<p><b>Gym Room:</b> Guests have Free Access</p> <p><b>Group Classes:</b> 750 Meticaís</p> <p><b>Day Pass:</b> 500 Meticaís</p>	<p><b>Payment options:</b> 3 x week - 2540 Mets Free Pass - 3800 Mets 10 Tickets - 3000 Mets</p> <p><b>Personal trainer:</b> Visitants 1000 Mets/h Gym Members 350/h</p>
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