



GROUP CLASSES SCHEDULE



MON TUE WED THU FRI SAT SUN

			Core Tony 7 - 7.45 am			
Aerial Yoga Susana 8 - 9 am	Vinyasa Yoga Susana 8 - 9 am	Hatha Yoga Gretha 8 - 9 am	Vinyasa Yoga Gretha 8 - 9 am	Aerial Yoga Susana 8 - 9 am	Yin Yang Yoga Susana 8 - 9 am	



MON TUE WED THU FRI SAT SUN

Les mills Virtual classes* 10 am-3 pm	Les mills Virtual classes* 10 am-3 pm	Les mills Virtual classes* 10 am-3 pm	Les mills Virtual classes* 10 am-3 pm	Les mills Virtual classes* 10 am-3 pm	Les mills Virtual classes* 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

	Hatha Yoga Gretha 4.30 - 5.30 pm		Hatha Yoga Susana 4.30 - 5.30 pm			
Aero - Step Inacio 6 - 6.45 pm		Circuit Tony 6 - 6.45 pm		Cross Fit 6 - 6.45pm		



<p>Sala Gym: Entrada Livre para hóspedes</p> <p>Aulas de Grupo: Preço 450 Meticais por aula</p>	<p>Gym Room: Guests have Free Access</p> <p>Group Classes: Price 450 Meticais per class</p>	<p>Payment options: 2 x week - 1760 Mets 3 x week - 2420 Mets Free Pass - 3630 Mets 10 Tickets - 2530 Mets</p> <p>Personal trainer: 250 Mets/h</p>
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