



CARVOEIRO CLUBE TÊNIS E PADEL  
Tennis • Padel • Fitness

# GROUP CLASSES


## Timetable | Horário

Mon.   Seg.	Tue.   Ter.	Wed.   Qua.	Thu.   Qui.	Fri.   Sex.	Sat.   Sáb.
<b>Athletic Conditioning Circuit</b> 09:15-10:00 Tim (Outside)	<b>Cardio Fit</b> 09:30 Anita (Hall)	<b>Pilates</b> 09:00 Cláudio	<b>Athletic Conditioning Circuit</b> 09:15-10:00 Tim (Outside)	<b>Pilates</b> 09:00 Cláudio	<b>Hatha Yoga</b> 09:15 Henrica
<b>LBT</b> 10:00 Anita (Hall)	<b>Power Yoga</b> 10:00 Johanna	<b>Dance Fit</b> 10:00 Anita	<b>Cardio Attack</b> 10:00 Anita	<b>Power Yoga</b> 10:00 Johanna <b>Total Conditioning</b> 10:00 Eileen (Hall)	<b>Dance Fit</b> 10:30 Anita
<b>Dance your Soul</b> 11:00 Nasrin	<b>Yoga Flow</b> 11:00 Jane		<b>Zumba</b> 11:00 Clare	<b>Persian Belly Dance</b> 11:00 Nasrin	

 High Intensity/Alta Intensidade

 Low Intensity/Baixa Intensidade

 Medium Intensity/Intensidade intermédia

 Mind & Body/Corpo & Mente

