

Sports Activities

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am - 8:45am	PILATES / STRETCHING Beach / Snack La Cabane	AQUAGYM Beach / Snack La Cabane	PILATES LBeach / Snack La Cabane	AQUAGYM Beach / Snack La Cabane	STRETCHING Beach / Snack La Cabane	PILATES Beach / Snack La Cabane
9am-9:45am	ZUMBA Playground	RENFO Playground	CARDIO STEP Playground	CROSS TRAINING Playground	HIT Playground	CARDIO STEP Playground
10am - 10:45am	CARDIO STEP Playground	CROSS TRAINING Playground	THIGHS, ABS, GLUTES Playground	RENFO Playground	THIGHS, ABS, GLUTES Playground	CROSS TRAINING Playground
11am - 11:45am	HIT Playground	ZUMBA Playground	AQUAFUN Beach / Snack La Cabane	ZUMBA Playground	AQUAFUN Beach / Snack La Cabane	RENFO Playground