

# L'albereta Sample Weekly Group Activities

## Winter Activities

	8.55 - 9.45	15.00-15.45
Monday	WALK	NORDIC WALKING
Tuesday	WALK	PILATES
Wednesday	PILATES	CORE TRAINING
Thursday	WALK	PILATES
Friday	PILATES	CIRCUIT TRAINING
Saturday	WALK	PILATES
Sunday	PILATES	CORE TRAINING

# L'albereta Sample Weekly Group Activities

## Summer Activities

	8.55 - 9.45	15.00-15.45
Monday	WALK	MOVEMENT & ACQUAGYM
Tuesday	MOVEMENT & ACQUAGYM	PILATES
Wednesday	WALK	CORE TRAINING
Thursday	MOVEMENT & ACQUAGYM	PILATES
Friday	WALK	CIRCUIT TRAINING
Saturday	WALK	PILATES
Sunday	PILATES	OUTDOOR GYM