

CAMPING ISOLINO FITNESS PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.30		NORDIC WALKING		NORDIC WALKING
9.30	STRETCHING	STRETCHING	STRETCHING	STRETCHING
10.00	WALKING		WALKING	
10.30	SPINNING	SPINNING	SPINNING	SPINNING
11.00	BELLY KILLER	BLB	BELLY KILLER	BLB
13.15		WATER NORDIC WALKING		WATER NORDIC WALKING
15.30	WATER AEROBICS	WATER ZUMBA	WATER AEROBICS	WATER ZUMBA
16.30	ZUMBA	AEROBICS	ZUMBA	AEROBICS

	FRIDAY	SATURDAY	SUNDAY
8.30		NORDIC WALKING	
9.30	STRETCHING	STRETCHING	STRETCHING
10.00	WALKING		WALKING
10.30	SPINNING	SPINNING	SPINNING
11.00	BELLY KILLER	BLB	BELLY KILLER
13.15		WATER NORDIC WALKING	
15.30	WATER AEROBICS	WATER ZUMBA	WATER AEROBICS
16.30	ZUMBA	AEROBICS	ZUMBA