



ANIMATION PROGRAM FOR ADULTS

MONDAY

9:00 – 9:30	STRETCHING
11:00 - 11:45	ARROWS
16:00 - 16:45	TABLE TENIS
17:00 - 17:45	AQUAGYM

THUESDAY

9:00 – 9:30	STRETCHING
11:00 - 11:45	ARROWS
16:00 - 16:45	SKITTLES
17:00 - 17:45	AQUAGYM

WEDNESDAY

9:00 – 9:30	STRETCHING
11:00 - 11:45	ARROWS
16:00 - 17:00	TABLE TENIS
17:00 - 17:45	AQUAGYM

THURSDAY

9:00 – 9:30	STRETCHING
11:00 - 11:45	ARROWS
16:00 - 16:45	SKITTLES
17:00 - 17:45	AQUAGYM

FRIDAY

9:00 – 9:30	STRETCHING
11:00 - 11:45	ARROWS
16:00 - 16:45	TABLE TENIS
17:00 - 17:45	AQUAGYM