



## FITNESS SPOT

LUNDI Monday	MARDI Tuesday	MERCREDI Wednesday	JEUDI Thursday	VENREDI Friday	SAMEDI Saturday	DIMANCHE Sunday
10:30 am Crossfit or Fitness	10:30 am Stretching or Pilates	Rest	10:30 am Workout training	10:30 am Surfing workout	10:30 am Beach training or jogging	10:30 am Anaerobic + Stretching
4:00 pm Surfing workout	4:00 pm TRX	Rest	4:00 pm Fitness abs (body weight)	4:00 pm Crossfit or Parkour	4:00 pm Body fitness	4:00 pm TRX or Parkour

Please Note that we also provide you: ping pong, football, volley ball, tennis rackets and balls on request at the Surf House.

Maximum 6 person per class

Minimum 2 person per class

Please sign up with our Gym trainer