

Sports Programme



From	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 9:45	Body Maintenance	Body Maintenance	Body Maintenance	Body Maintenance	Body Maintenance	Body Maintenance	Body Maintenance
9:00 - 10:00	Spinning	Spinning		Spinning	Spinning		
10:00 - 10:45	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
10:00 - 13:00			Quarteira Market Trip			Loule Market Trip	
10:30 - 11:30	Spinning	Spinning		Spinning	Spinning		
10:30 - 13:30		Cliff Richards Winery					
11:30 - 12:30			Spinning 11:00-12:20				
13:00					Forum Algarve 13:00 - 17:00		
15:00 - 17:00				Lawn Bowls Roll up	Ria Formosa Nature Trail Bike Ride		
18:30	Quiz in FS Bar 18:30 - 20:00	Adult Tennis Competition 18:30 - 21:00					

All activities must be pre-booked 24hours in advance to avoid disappointment. This programme may be subject to change without prior warning. A full children's programme is available in the sports office.