



## CAPOEIRA LOUNGE

-2 Lido Galomar 16:00 - 23:00  
Live music\*, a delicious cocktail  
and enjoying the magnificent  
view, what else!?

\*Check the days in the program

## MONDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
07:00-21:00	SENTIDO GALOSOL -3
Join our Fitness classes – Book at Galo Active	
10:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the Ashoka Spa	
16:00 -23:00	CAPOEIRA LOUNGE
Try our delicious cocktails	
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Live Brisk	

## TUESDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy our Saunas at the Ashoka Spa	
16:00 -17:00	BLUE BAR
Sweet Happy Hour - Coffee & Cake	
18:00 -21:00	INFOS RECEPTION
Enjoy our Buffet Restaurant	
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Rock@Duo	

## WEDNESDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
16:30 – 17:30	CAPOEIRA LOUNGE
Management & Guest Cocktail	
16:00 -23:00	CAPOEIRA LOUNGE
Try our delicious cocktails	
18:00 -21:00	INFOS RECEPTION
Enjoy our fish specialities – Atlânis Restaurant	
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Turn Around	

## THURSDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
15:00 – 16:00	GALOSOL RECEPTION
Hotel Tour with our Guest Relations	
16:00 - 16:30	INFOS RECEPTION
Wine Experience – Book at Reception	€
16:00 -17:00	BLUE BAR
Sweet Happy Hour - Coffee & Cake	
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Big Double Blues	

## FRIDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy our Saunas at the Ashoka Spa	
10:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the Ashoka Spa	
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Duo Inlay	

## SATURDAY



08:00-19:00	GALO ACTIVE
Fitness, Sauna, Indoor Pool	
10:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the Ashoka Spa	
15:30	INFOS RECEPTION
Poncha Cocktail Workshop – Book at Reception	€
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Duo Light Ocean	

## SUNDAY



08:00-19:00	GALO ACTIVE
Fitness, Sauna, Indoor Pool	
09:00- 18:00	LIDO GALOMAR -3
Enjoy our bathing bay	
10:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the Ashoka Spa	
16:00 -23:00	CAPOEIRA LOUNGE
Try our delicious cocktails	

### SENTIDO GALOSOL

Your feedback is very valuable to us!  
To answer our full survey, please access the link below or scan the QR Code with your mobile phone.



bit.ly/galosolsurvey

### SENTIDO GALOMAR

Your feedback is very valuable to us!  
To answer our full survey, please access the link below or scan the QR Code with your mobile phone.



bit.ly/galomarsurvey

### ALPINO ATLANTICO AYURVEDA HOTEL

Your feedback is very valuable to us!  
To answer our full survey, please access the link below or scan the QR Code with your mobile phone.



bit.ly/alpinosurvey

RECEPTION - DIAL 9  
SENTIDO GALOSOL / GALOMAR RECEPTION

RESTAURANTS & BARS – BOOK! DIAL 9  
RESTAURANT ATLANTIS  
RESTAURANT ONDAMAR  
CAPOEIRA LOUNGE  
BLUE BAR

GYM – DIAL 5523  
GALO ACTIVE

ASHOKA SPA – DIAL 5532

- Ayurveda
- Beach Activities
- Activities in Nature
- Live Music/ Show
- Kids
- Food & Drinks
- Sports/ Gym
- Mind, Body & Soul
- Guest Relations

- € Extra Charge, please contact the reception. Booking one day in advance is required
- € Commitment Value 1,00€ < 5,00€ - please contact the reception staff

\* Included drinks: Please ask our Bartender.

**Note: All the activities are exclusive for our Galo Resort Hotels Guests**