

Classes must be booked at the Spa reception.

8 - 14 February 2026 VITALITY PLAN 2025

SEGUNDA-FEIRA MONDAY

08h00, 45 min

Yoga

11h00, 45 min

Training Circuit

15h00, 45min

**Nutritional
Empowerment
Workshop**

TERÇA-FEIRA TUESDAY

08h00, 45 min

Yoga

10h00, 45 min

Mobility

16h00, 45 min

**Essencial Oil
Workshop**

QUARTA-FEIRA WEDNESDAY

08h00, 45 min

Yoga

11h30, 45 min

Pilates

20h30, 45 min

Guided Meditation

QUINTA-FEIRA THURSDAY

08h00, 45 min

Yoga

14h00, 45 min

Pilates

15h00, 45 min

Detox Masterclass

SEXTA-FEIRA FRIDAY

08h00, 45 min

Yoga

17h00, 45 min

**Automassage
Workshop**

SÁBADO SATURDAY

08h00, 45 min

Yoga

20h00, 45 min

Guided Meditation

DOMINGO SUNDAY

08h00, 45 min

Yoga

9h00, 45 min

Scretching Class

10h00, 60 min

**Walk to the Alvor
Market**

Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais .

Please note that activities are subject to change and rotation, as well as seasonal adjustments.