

2ª FEIRA MONDAY	3ª FEIRA TUESDAY	4ª FEIRA WEDNESDAY	5ª FEIRA THURSDAY	6ª FEIRA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
			8:00 – 08:45 YOGA*	8:00 – 08:45 YOGA & MEDITATION*	8:00 – 08:45 DYNAMIC STRETCHING*	8:00 – 08:45 BODY BALANCE*
10:00-10:45 POWER HIKE	09:30-10:15 STRETCHING	10:00 -10:45 WALK	09:30-10:15 YOGA	09:00-09:45 FUNCTIONAL MOVEMENT	09:00-09:45 FUNCTIONAL STRENGTH TRAINING	10:00-10:45 CORE TRAINING
	10:30-11:15 YOGA		10:30-11:15 TIBETAN BOWLS	10:00 -10:45 WALK		
					15:00-15:45 YOGA	15:00-15:45 H.I.I.T.
16:00-16:45 YOGA	16:00-16:45 WALK	16:00-16:45 FITBALL	16:00-16:45 SHAPE IT		16:00-16:45 TIBETAN BOWLS	16:00-16:45 AQUA TONNING
17:00-17:45 TIBETAN BOWLS		17:00-17:45 STRETCHING				

PREÇO (se não incluído no programa):
PRICE (if not included in the programme):
1 Sessão | 1 Session: 30 Euros

Ponto de Encontro: Recepção Spa | **Meeting Point:** Spa Reception

*Aulas Gratuitas | Free classes

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.