

LONGEVITY

CEGONHA COUNTRY CLUB
VILAMOURA · ALGARVE

LONGEVITY VITALITY PLAN 2019 | Sample PLANO DE ACTIVIDADES LONGEVITY VITALITY 2019 / Exemplo

2ª Feira Monday	3ª Feira Tuesday	4ª Feira Wednesday	5ª Feira Thursday	6ª Feira Friday	Sábado Saturday	Domingo Sunday
10:00 – 10:45 <i>Numerology Workshop</i>	10:00 – 10:45 <i>Stretching / Alongamentos</i>	10:00 – 10:45 Astrology Workshop	10:00 – 11:30 <i>Walk / Caminhada**</i>	10:00 – 10:45 <i>Walk / Caminhada**</i>	09:00 – 09:45 Yoga <i>(with relaxation and meditation)</i>	09:00 – 10:30 <i>Walk / Caminhada**</i>
11:00 – 11:45 <i>Crystal Healing Workshop</i>	11:00 – 11:45 <i>Balance Bosu</i>	11:00 – 11:45 Energy Medicine Workshop		11:00 – 11:45 Mindfulness Workshop	10:00 – 13:00 <i>Loulé Market / Mercado de Loulé***</i> <i>(limited seateds / lugares limitados)</i>	11:00 – 11:45 <i>Stretching / Alongamentos</i>
12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>	12:00 – 12:45 Pilates	12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>	12:00 – 12:45 Pilates	12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>		12:00 – 12:45 Balance Bosu
15:00 – 15:30 Pump	15:00 – 16:45 <i>Walk / Caminhada**</i>	16:00 – 16:45 Burn-it	16:00 – 16:45 <i>Stretching / Alongamentos</i>	16:00–16:45 Pump	15:00–16:45 <i>Walk / Caminhada**</i>	15:00 – 15:45 Detox Juices Workshop
16:00–17:30 <i>Walk / Caminhada**</i>	17:00 – 17:30 Shape it	17:00 – 17:45 <i>Stretching / Alongamentos</i>	17:00 – 17:30 Shape it	17:00 – 17:45 <i>Stretching / Alongamentos</i>	17:00 – 17:45 Pilates	16:00 Movie

** **Meeting Point:** reception / **Ponto de encontro:** recepção

*** *Advance booking, only 8 seats available / Reserva antecipada, apenas 8 lugares disponíveis*
Please note that activities are subject to change and rotation, as well as seasonal adjustments.
Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais.