

WEEKLY PROGRAM 09th FEBRUARY – 15th FEBRUARY

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Valentine's Day Dinner Menu
Atlantis Restaurant
Or
Pizzeria O Galo
 Information available at the reception

MONDAY



06:00-22:00	SENTIDO GALOSOL -3
Fitness, Indoor Pool & Sauna	
07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the Ashoka Spa	
12:00 – 16:00	ATLANTIS RESTAURANT
Discover the flavors of our Weekly Special	
15:00 -23:00	CAPOEIRA LOUNGE
The perfect spot for cocktails and sunsets.	
18:00 -21:30	PIZZERIA GALO
Enjoy our pizzas and pastas	

TUESDAY



07:15-08:00	SENTIDO GALOSOL -3
Body Balance – Book at Galo Active	
07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy the panoramic saunas – Ashoka Spa	
12:00 – 16:00	ATLANTIS RESTAURANT
Discover the flavors of our Weekly Special	
16:00 – 17:00	GALOSOL RECEPTION
Hotel Tour	
18:00 -19:00	CAPOEIRA LOUNGE
Sunset Happy Hour – On All Drinks 25% Discount	

WEDNESDAY



07:30-09:00	INFOS RECEPTION
Levada Jogging/Walking – Book at Reception	€
07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
12:00 -16:00	ATLANTIS RESTAURANT
Enjoy Lunch with a great sea view	
15:00 -23:00	CAPOEIRA LOUNGE
The perfect spot for cocktails and sunsets.	
16:00 – 17:00	CAPOEIRA LOUNGE
Management & Guest Cocktail	
18:00 -21:30	PIZZERIA GALO
Enjoy our pizzas and pastas	

THURSDAY



07:15-08:00	SENTIDO GALOSOL -3
Cycling – Book at Galo Active	
07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy the panoramic saunas – Ashoka Spa	
12:00 – 16:00	ATLANTIS RESTAURANT
Discover the flavors of our Weekly Special	
18:30-19:30	INFOS RECEPTION
Kandilini Yoga– Book at Reception	€
18:00 -19:00	CAPOEIRA LOUNGE
Sunset Happy Hour – On All Drinks 25% Discount	

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

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

SENTIDO AMBASSADOR - DIAL 5546
 SENTIDO GALOSOL RECEPTION

RESTAURANTS & BARS – BOOK! DIAL 9
 RESTAURANTE ATLANTIS
 RESTAURANT ONDA MAR
 RESTAURANT PIZZERIA O GALO
 CAPOEIRA LOUNGE
 BLUE BAR

GYM GALO ACTIVE - DIAL 5523

ASHOKA SPA – DIAL 5532
ACTIVITIES & PARTNERS
 AYURVEDA KUR CENTER (+351) 291 930 942 or 5558

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

FRIDAY



07:30-08:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy the panoramic saunas – Ashoka Spa	
16:00 – 17:00	GALOSOL RECEPTION
Hotel Tour	
18:00-19:00	INFOS RECEPTION
Easy Yoga Meditation – Book at Reception	€
20:00-22:00	CAPOEIRA LOUNGE
Live Music: Duo Inlay	

SATURDAY



07:00-20:00	GALO ACTIVE
Fitness & Sauna	
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	€
18:00 -21:0	INFOS RECEPTION
That's amore -Dinner-Menu: Pizzaria O'Galo	€
18:00 -21:30	INFOS RECEPTION
Valentines-Dinner-Menu: Atlantis Restaurant	€

SUNDAY



07:00-20:00	GALO ACTIVE
Fitness & Sauna	
08:30-09:30	INFOS RECEPTION
Sunrise Yoga – Book at Reception	€
10:00-19:00	GALOMAR FLOOR 0
Enjoy the panoramic saunas – Ashoka Spa	
13:00 – 21:30	INFOS RECEPTION
Enjoy our pizzas and pastas – Pizzeria Galo	
18:00 -19:00	CAPOEIRA LOUNGE
Sunset Happy Hour – On All Drinks 25% Discount	

* Included drinks: Please ask our Bartender.
Note: All the activities are exclusive for our Galo Resort Hotels Guests