



Group Training Sessions

By FeelViana Gym

16.03.2026 - 22.03.2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08H30	Asthanga Yoga	Asthanga Yoga	Asthanga Yoga	Asthanga Yoga	Asthanga Yoga	Vinyasa Yoga	Vinyasa Yoga
10H00				Pilates			Vinyasa Yoga
11H00	Vinyasa Yoga		Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Pilates
15H00	Pilates		Vinyasa Yoga			Yin Yoga	Yin Yoga
17h00		Asthanga Yoga			Pilates	Pilates	
18H30	Vinyasa Yoga	Vinyasa Yoga		18:00 Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga

Notes

Advance booking required of 24 hours.
 Contact the Reception of the Spa to book - spa@feelviana.com | (+ 351) 258 249 842
 WhatsApp (+351) 964 637 352
 One class per person / € 17,00
 Pack 4 classes / € 60,00
 Pack 8 classes / € 100,00
 Packs includes access to the Spa Circuit (indoor swimming pool, sauna and turkish bath)

FEELVIANA