

2ª FEIRA MONDAY	3ª FEIRA TUESDAY	4ª FEIRA WEDNESDAY	5ª FEIRA THURSDAY	6ª FEIRA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
08:00 – 08:45 YOGA CLASS FREE	08:00 – 08:45 PILATES CLASS FREE		08:00 – 08:45 PILATES CLASS FREE	08:00 – 08:45 YOGA CLASS FREE		
10:00-10:30 * HIIT	10:00-10:45 * STRETCHING	10:00 -10:45 * WALK	10:00-10:30 * BURN IT	10:00-10:45 * POWER HIKE	10:00-10:45 * BURN IT	10:00-10:45 * STRETCHING
	15:00–15:45 * SHAPE IT		15:00–15:45 YOGA		15:00–15:45 YOGA	
16:00–16:45 TIBETAN BOWLS	16:00–16:45 * AQUA PILATES	16:00–16:45 PILATES	16:00–16:45 TIBETAN BOWLS	16:00–16:45 PILATES	16:00–16:45 TIBETAN BOWLS	16:00–16:45 * WALK
17:00–17:45 * POWER HIKE		17:00–17:45 * FITBALL		17:00–17:30 * HIIT		17:00–17:45 * AQUA TONNING

**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

\*Circuito Slim / Slim Circuit

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.