



CONRAD SPA
ALGARVE

Fitness Classes Schedule / Horário Aulas de Grupo

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AUGUST From 5th until 31st 2019 / AGOSTO De 05/08 until 31/08 2019

Classes are 12€ per session. You can purchase 10 classes for €100

Reserve with a minimum of 24 hours in advance contacting +351 289 350 831 or ConradAlgarve.SPA@conradhotels.com

Location: * Indoor Pool / ** Tempo Lounge / *** Gymnasium

As aulas têm o custo de 12€ por sessão. Pode comprar 10 aulas por 100€

Reserve com um mínimo de 24 horas antes do início das aulas, através do +351 289 350 831 ou ConradAlgarve.SPA@conradhotels.com

Local: * Piscina Interior / ** Tempo Lounge / *** Ginásio

TIME HORAS	MONDAY SEGUNDA	TUESDAY TERÇA	WEDNESDAY QUARTA	THURSDAY QUINTA	FRIDAY SEXTA	SATURDAY SÁBADO	SUNDAY DOMINGO
09:00 -10:00	Zumba** (Francisco)	Yoga** (Lulu) Intermediate 09:30 – 10:45		Yoga** (Lulu) Advanced 09:30 – 10:45	Zumba** (Francisco)		
10:00 -11:00	Pilates** 10:15 – 11:15	Aqua Fitness* (Marco) 10:30 – 11:30	Pilates** 10:15 – 11:15		Pilates** 10:15 – 11:15	Pilates** (Alexandra) 10:15 – 11:15	Yoga** (Lulu) Intermediate 09:30 – 10:45
					Aqua Fitness* (Marco) 10:30 – 11:30		
11:00-12:00		Yoga** (Lulu) Beginners 11:00 – 12:00	Pilates Advanced** 11:30 – 12:30		Pilates** 11:30 – 12:30		Yoga** (Lulu) Beginners Hip release 11:00 – 12:15
12:00 -13:00	Yoga** Beginners 12:30 – 13:45	Stretch** (David Gallegos) 12:15 – 13:15		Stretch** (David Gallegos) 12:15 – 13:15	HIIT*** (Marco) 12:30 – 13:00		
13:00-14:00	HIIT*** (Marco) 13:00 – 13:30		Core & Cardio*** (Marco) 13:00 – 13:30				
16:30 -17:15							
18:30- 19:30							
19:30 - 20:30							

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