



## Plano de actividades / Activity Plan

2ª Feira Monday	3ª Feira Tuesday	4ª Feira Wednesday	5ª Feira Thursday	6ª Feira Friday	Sábado Saturday	Domingo Sunday
09.00—10.00 Caldas Walking Tour (Reception 11 <sup>th</sup> floor)	09.00—11.00 Explorer Walking Tour (Reception 11 <sup>th</sup> floor)	11.15—12.00 Pilates (Zen Room)	09.30—10.30 Caldas Walking Tour (Reception 11 <sup>th</sup> floor)	11.15—12.00 Aqua Fit (Block C pool)	09.00—11.00 Explorer Walking Tour (Reception 11 <sup>th</sup> floor)	09.30—11.00 Nature Walk (Reception 11 <sup>th</sup> floor)
10.30—11.30 Yoga (10€)* (Zen Room)	12.00—12.45 Legs, Bums & Tums (Zen Room)	12.15—12.30 Core Training (Zen Room)	11.00—11.45 Badminton (Block C pool)	12.30—13.00 Core Training (Zen Room)	10.00—12.30 KIDS CLUB (1 <sup>st</sup> floor, Block C)	12.00—12.30 KIDS CLUB (1 <sup>st</sup> floor, Block C)
12.00—12.45 Circuit Power (Zen Room)	15.00—15.45 Outdoor Activity Games (Block C pool)	15.30—16.15 Legs, Bums & Tums (Zen Room)	12.00—12.45 Fitball (Zen Room)	14.00—17.00 KIDS CLUB (1 <sup>st</sup> floor, Block C)	12.00—12.30 Core Training (Zen Room)	12.00—13.00 Mind over Memory (Zen Room)
15.00—16.00 Conscious Movement (Zen Room)	16.00—16.45 Badminton (Block C pool)	16.30—17.00 Stretching (Zen Room)	16.00—16.45 Zumba (Zen Room)	16.00—16.45 Circuit Power (Zen Room)	14.30—17.30 KIDS CLUB (1 <sup>st</sup> floor, Block C)	14.30—17.30 KIDS CLUB (1 <sup>st</sup> floor, Block C)
16.15—17.00 Pilates (Zen Room)	17.00—17.30 Stretching (Zen Room)	17.15—18.15 Yoga (10€)* (Zen Room)	17.00—17.30 Core Training (Zen Room)	17.00—17.45 Boot Camp (Zen Room)	16.15—17.00 Fitball (Zen Room)	15.00—15.45 Legs, Bums & Tums (Zen Room)
		18.00—21.00 Moonlight Mojitos (Mezzanine Bar)		18.00—19.00 Yoga (10€)* (Zen Room)	17.15—17.45 Stretching (Zen Room)	16.00—16.45 Pilates (Zen Room)
				18.00—21.00 Sangria Sunset (Mezzanine Bar)		17.00—17.30 Stretching (Zen Room)

Personal Trainer e Yoga existem packs de aulas | class packs available

\*Yoga – Necessita de marcação com 24h de antecedência e pagamento. Contacte a equipa do leisure. | Needs to be booked and paid 24 hours in advance. Please contact the leisure team or main reception

KIDS CLUB – apenas por marcação e sujeito a disponibilidade, excepto dias no programa | Outside of timetable hours—on request subject to availability.

Todas as actividades podem ser alteradas sem aviso prévio | All activities are subject to change without notice.

Por favor, tente marcar as suas actividades sempre com, pelo menos, 24h de antecedência | We advise you to book your activities, at least 24h, in advance.