

# PILATES

3<sup>a</sup> FEIRA/TUESDAY

10:30H

Gym Members & Hotel's Guests - 5€  
Public - 10€



# MOBILITY & STRETCHING

6<sup>a</sup> FEIRA/FRIDAY

10:30H

Gym Members & Hotel's Guests - 5€  
Public - 10€



# YOGA

SÁBADO/SATURDAY

08:00H

Gym Members & Hotel's Guests - 5€  
Public - 10€

