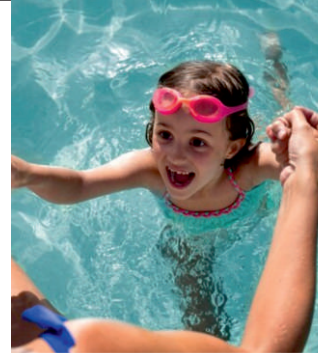
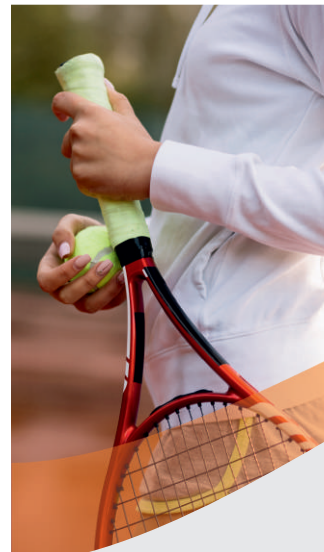




ESSENTIAL
FITNESS & SPA



Boavista
Golf & Spa

+351 282 790 930

ESSENTIAL.RECEPTION@BOAVISTARESORT.PT

WWW.BOAVISTARESORT.PT



ATIVIDADES
ACTIVITIES

PROGRAMA | PROGRAMME

AULAS GRUPO | GROUP CLASSES

SEGUNDA / MONDAY

TERÇA / TUESDAY

QUARTA / WEDNESDAY

QUINTA / THURSDAY

SEXTA / FRIDAY

08:10	BODY TONE (45min)			BODY TONE (45min)			BODY TONE (45min)	
08:30						YOGA (90min)		
09:00	ABS & STRECH (30min)	PILATES (45min)	PILATES (45min)		ABS & STRECH (30min)	PILATES (45min)	ABS & STRECH (30min)	PILATES (45min)
09:30	HIDROGINÁSTICA AQUAEROBICS (45min)		HIDROGINÁSTICA AQUAEROBICS (45min)		HIDROGINÁSTICA AQUAEROBICS (45min)		HIDROGINÁSTICA AQUAEROBICS (45min)	
10:00	ESSENTIAL PUMP (45min)		ESSENTIAL PUMP (45min)	FLEX GOLF TRAINING (45min)	ESSENTIAL PUMP (45min)		STEP + GAP (45min)	
11:00	ESSENTIAL CARDIO DANCE (45min)		PILATES (45min)	ESSENTIAL CARDIO LATINO (30min)	ZUMBA (45min)		PILATES (45min)	
11:30					QI GONG* (nível 0) (60min)			
12:00	BODY & MIND (45min)						BODY & MIND (45min)	
12:30			HIDROGINÁSTICA AQUAEROBICS (45min)				HIDROGINÁSTICA AQUAEROBICS (45min)	
17:00	*QI GONG (nível 1) (60min)							
18:10	PILATES (45min)		HIIT (45min)				PILATES (45min)	
18:50			YOGA CANDLE LIGHT (45min)					

*Aulas não incluídas no PACK GOLD / Not included in the GOLD PACK

SALA BALANCE

08:30 18:30	TENNIS COURTS
----------------	---------------