

YOGA

Local: Sala Lagos - Duração: 90 min - Reservas: Noeline +351 963 614 499

Location: Sala Lagos - Duration: 90 min - Bookings: Noeline +351 963 614 499

Boavista
Golf & Spa

+351 282 790 930

ESSENTIAL.RECEPTION@BOAVISTARESORT.PT

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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)	
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)			
09:45					YOGA (90min)					
10:00	ESSENTIAL PUMP* (45min)		ESSENTIAL PUMP* (45min)	FLEX GOLF TRAINING* (45min)	PILATES* (45min)		ESSENTIAL PUMP* (45min)		BODY & MIND* (45min)	
11:00	ESSENTIAL CARDIO DANCE* (45min)		PILATES* (45min)	ESSENTIAL CARDIO LATINO* (30min)	ESSENTIAL PUMP* (45min)		PILATES* (45min)		ESSENTIAL CARDIO DANCE* (45min)	
11:30					QI GONG* (60min)					
12:00					ZUMBA* (45min)					
12:30			HIDROGINÁSTICA* AQUAEROBICS (45min)						HIDROGINÁSTICA* AQUAEROBICS (45min)	
17:00	QI GONG (60min)		PILATES* (45min)				PILATES* (45min)			

 SALA BALANCE

08:30 18:00	TENNIS COURTS*									
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*Incluido no membership gold / Included on gold membership